



## WANTED - SERVICE ADVISORS & PARTS ADVISORS

Welcome to your dream job... at MacPhee Ford!

Whether you live here or out west, if you're an experienced automotive service or parts advisor, this is your chance to work in Halifax for an award-winning independent dealer. Earn top wages, with health plan, great benefit package, RRSP matching program and paid factory training.

MacPhee Ford is hiring experienced service and parts advisors now!

Send your resume to [HR@MacPheeFord.com](mailto:HR@MacPheeFord.com)



MACPHEE FORD

# Halifax metro

Diplomacy, Vickers' style  
metroNEWS



Your essential daily news | WEEKEND, MAY 27-29, 2016

High 12°C/Low 8°C Scattered showers



## NOVA SCOTIA'S MENTAL HEALTH EMERGENCY

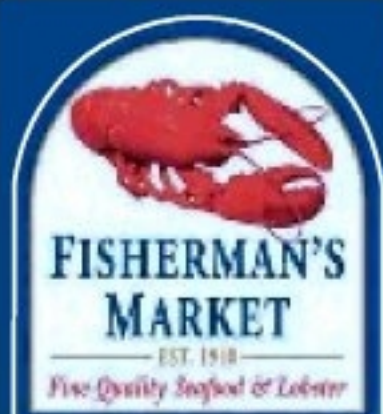
### A WOMAN'S HOPE

Once lost, now found,  
a Halifax therapist  
shares her story  
metroNEWS

Laura Burke

JEFF HARPER/METRO

NOVA SCOTIA  
HEALTH  
MINISTER  
ON THE  
ILLNESS  
OF THE  
21ST  
CENTURY  
metroNEWS



### WEEKEND SPECIALS FRI-SUN

Your Neighbourhood Seafood Store • Bringing Our Customers Quality, Service, Variety & Value Since 1948

#### Fresh Haddock Fillets

Boned.  
Never Frozen.  
**\$5.99lb**

#### Cocktail Shrimp

Raw Pacific White Peeled  
& Deveined - Tail On  
Med 31/40 Cnt **\$7.49lb**

#### Black Tiger Shrimp

26/30 cnt. Headless. Shell-On  
Raw Cooked  
**\$7.49lb \$8.49lb**

#### Fresh Salmon

Boned & Skinless Nuggets/Portions  
Grade A Quality  
Exceptional Value **\$5.99lb**

#### Live Lobster

Med Jumbo (4-6lb) **\$7.99lb**  
Lg Jumbo (7lb+) **\$6.99lb**  
Cannors (2 Claw)  
**\$6.49ea or Buy 12 at \$5.99ea**

#### Live Jonah Crab

**\$2.99lb**

Download "Reebee"  
APP to see our  
Weekend Flyer  
on Friday

Specials  
in effect  
May 27<sup>th</sup> to  
May 29<sup>th</sup>

Also Available: Porgies, Striped  
Bass & Spanish Mackerel



Seafood packed for  
shipment and travel.

Gift Cards & Party  
Trays Available

607 Bedford Hwy. 443-3474 • Mon-Sat 9am-6pm • Sun 11am-6pm • [fishermansmarket.com](http://fishermansmarket.com) • follow us on Facebook: FishermansHfxRetail

All specials while quantities last



ONLY AT O'REGAN'S DARTMOUTH  HYUNDAI®

LIMITED SUPPLY!  
NO RAIN CHECKS

DEALER INVOICE  
PRICING

ENDS  
MAY  
31ST

## 2016 ACCENT

WAS  
~~\$13,899~~  
SAVE \$4900

NOW  
**\$8,999**



4DR



5DR

YOU  
PICK

BUY FROM  
**\$25\***/WK

OR  
UPGRADE

AUTOMATIC  
WITH A/C,  
REMOTE STARTER

FOR ONLY  
**\$35\***/WK



**FREE**  
WINTER TIRES

OR

**BONUS**

7 YEAR  
WARRANTY  
120,000 KM  
COMPREHENSIVE LIMITED WARRANTY\*

ON ANY 2016  
ACCENT PURCHASE

 CANADA'S  
BEST  
MANAGED  
COMPANIES  
Platinum member

**O'REGAN'S**  
DRIVING HIGHER STANDARDS

DARTMOUTH  
HYUNDAI

60 BAKER DRIVE, UNIT - D  
465-7500  
[oreganshyundaidartmouth.com](http://oreganshyundaidartmouth.com)

\*See dealership for more details. vehicle not actually as shown, limited availability. Tax and fees not included in payment or price. Offer subject to change without notice. Your choice of bonus warranty or free winter tires with oregans financing.



# Black public school students suspended at higher rate: Data

## EDUCATION

### School board working to close the teaching gap



**Haley Ryan**  
Metro | Halifax

Seeing black children suspended at a higher rate than others is "sad," a Halifax mother says, and the school board acknowledges there's work to do.

Halifax Regional School Board (HRSB) staff presented new numbers on out-of-school suspensions during a meeting Wednesday evening, comparing the first semesters (September to February) of 2014-15 and 2015-16.

Although the number of students suspended dropped hundreds overall from 1,418 to 1,038 this year, including those who identified as "other" than aboriginal or African descent (from 1,082 to 739), black children's numbers dipped only slightly from 255 to 234 this year.

"We have this process of over many, many decades black parents saying our children are being treated differently," Tina Roberts-Jeffers said Thursday after the meeting.

"It not until the system comes up with its own data ...



Halifax mother and youth advocate Tina Roberts-Jeffers is disheartened by the reportedly higher number of black students who have been suspended in schools. **Roberts-Jeffers says the findings indicate students identifying as African are three times as likely to be suspended.**

JEFF HARPER/METRO

that things happen or things change."

Black students make up 8 per cent of the student body, while

the new numbers account for 18 per cent last year and 22.5 per cent this year of total suspensions.

The Education Act was revised this year to allow administrators to suspend students for up to 10 days for "unacceptable



This is very, very troubling; this is a number that just shouts at me.

Christy Linders, Halifax Regional School Board

behaviours," while before, only five-day suspensions were allowed for "severely disruptive behaviours."

Roberts-Jeffers said while she is "optimistic" that the HRSB will take action, it's hard to say how quickly that will come or if the right policies are being used.

As of October 2015, 3,743 students self-identify as having African descent.

Roberts-Jeffers said having 234 black kids suspended of the 3,743 means they're three times as likely to be suspended, considering 739 kids of "other" identity were suspended out of the remaining 44,167 population.

Aboriginal students are also over-represented, staff said, with 65 being suspended this year compared to 81 last year.

Roberts-Jeffers said "it's sad" to see the numbers, which also state boys make up for 75 per cent of suspensions.

"That plays out in schools, that impacts school atmospheres, that impacts how ... kids relate," she said.

Doug Hadley, HRSB spokesman, said Thursday the board is also concerned about the numbers, which confirm what black parents have been saying for years.

"We have a considerable amount of work to do," Hadley said.

Adding identity into suspension data has been an important step, Hadley said, since now staff can respond to any trends. Work has also been done on interventions to help kids before suspensions, including culturally relevant teaching, and professional development with principals to emphasize no groups should be overly impacted.

Hadley said it's "extremely important" to have this data available as the board seeks to close the achievement gap for aboriginal students and those of African descent.

"All of this ... while it might be difficult for all of us to see, is a step in the right direction," Hadley said.

## 4,124

In the first semester of the current school year there have been a total of 4,124 school days of suspensions. The total has declined from the first semester total of 5,104 in 2014-15 school year.



## JOIN US FOR GREEK FOOD, MUSIC, DANCE & MORE...

## JUNE 9-12



**HALIFAX  
GREEK FEST**

GREEKFEST.ORG



# Theodore Too given new task

## NEWCOMERS

**Tugboat named city's welcome ambassador**



**Jeremy Mutton**  
For Metro | Halifax

With his experience making Halifax Harbour the friendliest in the world, Theodore Tugboat will now get an important new job.

The Theodore Too — the life-sized replica of the famous television character — is the new Halifax Welcome Ambassador for new Nova Scotians and will serve as a learning tool for school groups.

The job also comes with a pay raise, Mayor Mike Savage said jokingly Thursday at the Maritime Museum Wharf, where Theodore officially received his new position.

"Over the years, many people arrived here, many under difficult circumstances, and helped make Canada the



Kids get a tour of Theodore Too. JEFF HARPER/METRO



**Every time I walk down on the wharf and see him, I smile.**

Claudette Legault

greatest country in the world," Savage said.

"Welcoming and embracing diversity makes our communities better places to live," added provincial communities,

culture and heritage minister Tony Ince.

Claudette Legault, director of programs and services at Immigrant Services Association of Nova Scotia, said the tugboat will help serve as a symbolic reminder of the city's welcoming of Syrian refugees.

"Every time I walk down on the wharf and see him, I smile," Legault said.

"It's just such a positive image of welcome."

The new role for Theodore, dubbed the Welcome Aboard



Halifax's official welcome ambassador, Theodore Too. JEFF HARPER/METRO

program, is a wide-ranging collaboration including Halifax Regional Municipality, the Nova Scotia government, several museums, and Murphy's the Cable Wharf, which owns Theodore.

School groups touring Theodore will learn about Halifax's history as a "multicultural port," and the boat will also be a part of HRM's Welcomed in Halifax pass, which grants free access to transit and city

recreation facilities to newcomers for a year.

"People are trying to reach out," Legault said.

"It serves to make us all a bit more aware of how we can be a bit more welcoming."

*All Dressed Up  
and  
Chester & Felicity*

**SPECIAL OCCASION  
BLOWOUT SALE  
UP TO 70% OFF**

EVENINGWEAR, PROM, COCKTAIL, BRIDESMAID  
AND MOTHER OF THE WEDDING DRESSES!

**UNTIL JUNE 11TH**

UPPER LEVEL OF 1479 DRESDEN ROW ONLY  
902-423-8631

**COMFORT  
Zone**

**JUNE IS TAX FREE!**

ON ALL REGULAR PRICED MERCHANDISE



**FLY  
LONDON**

LARGEST SELECTION  
OF FLY LONDON  
SHOES & SANDALS IN  
ATLANTIC CANADA.

**Purchase ANY Regular Priced Merchandise  
and Receive a Ballot to WIN A PAIR  
of FLY LONDON Shoes or Sandals.**

**DRAWS HELD EVERY FRIDAY IN JUNE!**

**COMFORT  
Zone**

Park Lane Mall  
5657 Spring Garden Road  
902-492-3339



# 5

## THINGS TO DO IN HALIFAX THIS WEEKEND

From big laughs to underground music and masquerade, there's lots of variety to check out. **HALEY RYAN** METRO



### 1 OBEY...

... your instincts: The annual OBEY Convention runs every day until Sunday, featuring 22 contemporary and underground music and art events. With everything from Berlin doom-metal band Nadja, contemporary rap artist Mykki Blanco, to the avant-garde Zs from New York and post-pop locals Old and Weird, there's nothing quite like it in the city. Art in Fest brings unique performances as well. Visit [obeyconvention.com](http://obeyconvention.com) for a schedule. Festival passes are \$80, while those under 19 can go free to unlicensed events.



### 2 Laugh it up

Canadian funnyman Gerry Dee performs in his first arena show ever at the Scotiabank Centre on Friday at 7:30 p.m. The long-time stand-up comedian and Mr. D star told Metro last fall he'll be able to do "a bit of everything" in a roughly hour and a half set with an opener. Tickets range from \$56 to \$107, and are available at the Ticket Atlantic box office, by phone at 451-1221, Atlantic Superstore outlets, or online at [ticketatlantic.com](http://ticketatlantic.com).



### 3 Monster mash

The Monster Jam, featuring the best smash-em-up trucks, returns to Scotia Speedworld near the Halifax airport on Saturday and Sunday. Check out trucks like

Zombie, Storm Damage, Hurricane Force, Northern Nightmare, Scooby-Doo, and of course, Grave Digger. Show times are 1 p.m. both days, with a 7 p.m. show Saturday and Pit Parties running from 10:30 a.m. to noon.

Tickets start at \$20, with an extra \$5 added if bought the day of the show. Get tickets from the Speedworld office or [monsterjam.com](http://monsterjam.com).



### 4 Batman begins

Join the Dart Gallery on Portland Street to celebrate all things Caped Crusader with a new art show marking the 50th anniversary of the premiere of the classic Batman TV series featuring Adam West and Burt Ward. In honour of the golden anniversary, Biff! Pow! ART! opens Friday at the gallery from 7 to 10 p.m. Admission free. The show runs until June 12.

### 5 Who's who?

Break out those suits, gowns and your best mask for the annual Masquerade Ball at the Atlantica Hotel. The festivities including DJs, a photo booth and an oxygen bar to keep dancers feeling fresh run from 9 p.m. to 1 a.m. As the event hosts say, "Choose a mask and wear it well; your true identity no one can tell!" The dress is semi-formal, and attendees must be 19 and older. Tickets run \$40 at the door.



"Best show I have ever seen.  
It was an absolutely spectacular event.  
Loved it."

— Jacquelyn Mildrum, Lyme, CT



**ROYAL**  
NOVA SCOTIA INTERNATIONAL  
**TATTOO**

June 30 - July 7, 2016  
Scotiabank Centre, Halifax

It's all here – pipes and drums, bands, the RCMP, gymnasts, dancers, choirs, comedy, pageantry, military displays and competitions. It's fun for the whole family and air conditioned too! Come see us this year... the door is always open.

TICKETS: 1-902-451-1221  
[www.ticketatlantic.com](http://www.ticketatlantic.com)

FOR MORE INFORMATION:  
1-800-563-1114 or 1-902-420-1114  
[www.nstatattoo.ca](http://www.nstatattoo.ca)

TICKETS  
ON SALE  
NOW!



Sobeys  
Better food for all.



HALIFAX Canada



## SUPREME COURT

# Ex-university head jailed for sex crimes

A 61-year-old Glace Bay man was sentenced Thursday to a two-year provincial jail sentence after having previously been convicted on three sex offences.

John Shea McInnis was sentenced on charges of sexual interference and sexual touching involving a child under the age of 14.

He was also convicted of sexual assault but the charge was stayed prior to sentencing.

The offences occurred between 2000-2006 in Glace Bay

and involved a female who at the time was between the ages of seven and 11.

In passing sentence, Supreme Court Justice Arthur LeBlanc said such offences represent "an invasion of one of the most private aspects of human dignity."

At time he was charged, McInnis was the director of marketing and recruitment for Cape Breton University. He has since retired from the position.

The victim, now 23, testified to numerous incidents of McIn-

**"I just want other victims to know it is OK to come forward and tell someone."** Victim, after testifying in court

nis exposing his penis to her along with touching her in a sexual manner. She also testified to an incident of masturbation and oral sex involving McInnis.

"I just want other victims to know it is OK to come forward and tell someone what is going on," said the victim, in

speaking to reporters outside the courtroom.

The McInnis family also issued a statement in which they claim "a grave miscarriage of justice has been done."

"An innocent man has been sent to prison," said Margie Gillis, McInnis' sister-in-law. TC MEDIA



Cyclists in the annual Mayor's Bike Ride. JEFF HARPER/METRO

## Lock up your bikes: Police

## PROJECT 529 GARAGE

**After 14 thefts in May the RCMP offer tips, resources**



**Jeremy Mutton**  
For Metro | Halifax

Halifax Regional Police are telling cyclists to lock up their bikes after several thefts this month.

Fourteen thefts have been reported since the beginning of May, HRP said in a news release Thursday.

Chances are, if your bike is stolen, you're not getting it back.

"It's very hard," police spokeswoman Const. Dianne Woodworth said Thursday.

But she said when stolen bikes

are abandoned by thieves, cyclists have an opportunity to get them back.

"The more info you have about your bike, the more likely it is to be returned," she said.

The release said information cyclists should know about their bike include the "serial number, make, model, speed, colour and any distinguishing markings."

RCMP in Surrey, B.C., recently partnered with a website and phone app called Project 529 Garage to help reduce theft and return any recovered bikes.

Cyclists register their bikes and can send out a bulletin if it's missing.

HRP, meanwhile, is reminding cyclists to lock bikes in a well-lit, well-travelled area, using a "quality lock" that fits tightly around the bike with the keyhole facing down. Police also say you should report a stolen bike immediately.

LIMITED  
TIME  
ONLY<sup>1</sup>



**Save like an RBC® Employee.<sup>2</sup>**

**IT'S BACK!** Get the same great mortgage rate as our employees, complete with our flexible prepayment options. Plus, our mortgage specialists will meet you any time and anywhere, including evenings and weekends.

1-866-864-0420 or visit [rbc.com/employeemortgage](http://rbc.com/employeemortgage)



1. Eligible mortgage applications must meet our standard lending criteria and be started April 4 to July 8, 2016. Rate commitment is a maximum of 120 days from start of application at which point interest rate guarantee expires. This offer may be withdrawn at any time without notice. 2. Offer limited to new 4 and 5 year fixed term closed residential mortgages and to eligible applicants only. Residential mortgages only. Subject to Royal Bank of Canada lending criteria for residential mortgages. Offer cannot be combined or used in conjunction with any other special offers. Other terms and conditions may apply. Employee Rates are discounted rates and are not the posted rates of Royal Bank of Canada. Employee Rates may be changed, withdrawn or extended at any time, without notice. Offer not available for construction draw mortgages or for any amendment to an existing mortgage with Royal Bank of Canada, including a portability transaction, an advance of additional funds or a renewal. © / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

## THE TOP 6@6

LAST NIGHT ON 101.3 THE BOUNCE:

- 6 Calvin Harris & Rihanna  
This Is What You Came For
- 5 DNCE  
Toothbrush
- 4 SonReal  
Can I Get A Witness
- 3 Justin Timberlake  
Can't Stop The Feeling
- 2 Jason Derulo  
If It Ain't Love
- 1 Nick Jones ft. Tove Lo  
Close



1013TheBOUNCE.com 1013thebounce

© 2016 THE BOUNCE





Anne Avery and Simon MacKenzie. CONTRIBUTED

# Lady Luck brings matromonial gift

LOTTO 6/49

## Couple wins \$100,000 on wedding day

This past Saturday is a day that Simon MacKenzie and Anne Avery of Trenton will never forget.

The couple, both in their golden years, exchanged wedding vows in front of family and friends. It's also the day they won the \$100,000 TAG top prize on their LOTTO 6/49 ticket.

"Our friends and family are saying, 'You won twice!'" said Avery.

The couple's wedding took

place at their house with a small gathering of family and friends. On Sunday morning, as they tidied up, Simon stopped to check the lottery numbers online. No luck on his LOTTO 6/49 numbers; ditto for the Atlantic 49 numbers, but he did a double-take when he checked his TAG number.

"I couldn't believe it," he said, adding that he quickly got Avery to take a look.

As they checked and re-checked, she figured they must be looking at the wrong draw date. "About 25 times we checked," she recalls.

The couple finally headed out to get the ticket checked at the store. When they passed their

**“Our friends and family are saying, 'You won twice!'"**

Anne Avery

ticket over to be checked, the clerk said, "Did you hear there was a winner in New Glasgow?"

Avery quickly replied, "I think it might be us!"

The newlyweds haven't given much thought to how they might enjoy their wedding day win, however, they'd like to pay off their vehicle and help out their children.

TC MEDIA

## EMPLOYMENT

# East Coast workforce reduced

Atlantic Canada saw a net drop of about 12,000 jobs in the first four months of this year compared to the same time period in 2015, according to a study released today by the Atlantic Provinces Economic Council.

That's a decline of about one per cent of the roughly 1.1 million people working on the East Coast.

Senior economist Fred Bergman says the biggest portion of

those exiting the workforce had been working in call centres and other support services, a sector that shed about 7,500 jobs — most of them in either Nova Scotia or New Brunswick.

Bergman said in an interview that about 3,300 public sector jobs were lost and there were also big drop losses in the information, culture and recreation sector, which includes job losses in the film industry and

the media.

The economist says private and public education saw a drop of 2,800 jobs, and there is also a steady exodus of people retiring from the workforce.

Bergman says there were increases in employment in manufacturing, health care, personal services and in the financial sector that offset some of the losses in other industries.

THE CANADIAN PRESS

## DIGBY

# Doctor shortage extent uncertain

Dr. Alenia Kysela, executive director of medicine for the western zone of the Nova Scotia Health Authority, says the health authority doesn't know how many people in Digby and Weymouth are without a regular doctor or 'unattached'.

Dr. Lynne Harrigan, vice-president of medicine and integrated health services with

NSHA, recently quoted a 2014 study that showed 10 per cent of Nova Scotians were unattached two years ago.

That same study shows that 25 per cent of people in the former South Shore and South West health authorities were without a regular doctor two years ago.

Tony Kelly, chair of the Dig-

by Area Health Coalition, says the number of unattached patients is certainly higher than 25 per cent especially in Digby and Weymouth.

The Digby Area Health Coalition is attempting to assess the situation with an online survey at [http://esurv.org/online-survey.php?surveyID=LBLEIN\\_fc2750e8](http://esurv.org/online-survey.php?surveyID=LBLEIN_fc2750e8). TC MEDIA

**BEING A MAZDA OWNER HAS ITS PERKS**

*City* **mazda**

2672 Robie St, Halifax  
(902) 453-4115

[www.citymazda.com](http://www.citymazda.com)

**Come see me & our Service Team for all your vehicle's needs.**



**Gary Walker**  
Service Manager

## THE PERKS

- We Service All Makes and Models
- Personal Concierge Service
- Competitive Pricing
- Shuttle Service
- Complimentary Coffee Service
- Factory trained technicians
- City Mazda maintenance plan
- Free Alignment Checks

**BRING IN THIS COUPON FOR 5% OFF!**

Expires September 30, 2016.

**OVER 100 YEARS COMBINED EXPERIENCE**

**Borrow up to \$5,000.\***

**For life's little big things.**

We can help.

**Money Mart®**

\*Installment loans offered in select provinces only. See [moneymart.ca](http://moneymart.ca) for details. Loan principal amounts vary between \$1,000 and \$5,000 based upon income and other qualification requirements, including a credit check. Loan terms available depend on amount borrowed. See store associate for details. Loans have terms of 12 to 36 months with payments due on scheduled income deposits during the term. The APR for the loans is 59.9%. MONEY MART® is a registered service mark of National Money Mart Company. © 2016 National Money Mart Company. All Rights Reserved.



## FOOD SAFETY

## Aylesford man faces obstruction charges

An Aylesford man will be back in provincial court in June to be arraigned on charges laid under the Health Protection Act involving a local restaurant.

Wei Du, 49, appeared in Kentville provincial court this week. As his first language is Mandarin, an interpreter is required. His matters have been adjourned to June 6 for arraignment on the charges with an interpreter present.

Du's charges relate to the Fu-Wah restaurant in Aylesford.

Du is charged with failing to ensure that all food in the restaurant was obtained from a source that is subject to inspection. He's also charged with obstructing an inspector in the performance of duties by providing false information.

It's alleged that Du committed the offences in Aylesford March 17. The charges have not been proven in court.

According to online Nova Scotia Food Establishment Inspection Reports, the restaurant was inspected by Nova Scotia Department of Agriculture Food Protection and Enforcement Division March

17. A closure order was issued because "conditions exist that are potentially hazardous to human health."

The same date, the restaurant was issued a notice to comply with a deficiency involving failure to provide sanitary conditions of food contact surfaces. It was noted that the cleaning and sanitizing of all food contact surfaces was required.

The restaurant was issued a notice to comply for failure to provide sanitary conditions of non-food contact surfaces. The remedy noted was to clean and disinfect all non-food contact surfaces. TC MEDIA

### + ONGOING ISSUE

This was not the first time the restaurant has been issued notices. Several other deficiencies were noted and notices to comply were issued between July and November 2015. TC MEDIA

## COLLISION

## Teen airlifted to hospital after crash

A young man from Little River Harbour was rushed to Halifax hospital by helicopter early Thursday morning following a one-car collision in southwest Nova Scotia.

Yarmouth RCMP responded to the crash near 474 Melbourne Rd. at about 6 a.m., according to a police news release issued Thursday afternoon.

Officers found the 18-year-old man lying on the road, suffering from "serious head injuries," the RCMP news release said.

The car he had been driving was off the road in a nearby marsh area.

Paramedics with Emergency Health Services and the Yarmouth Fire Department also responded to the call. The driver was taken to Halifax hospital via LifeFlight for treatment, the release said.

An RCMP reconstructionist was still on scene Thursday afternoon collecting evidence. Traffic in the area was being diverted at the time. METRO HALIFAX



Work on The Big Lift will close the Macdonald Bridge to drivers this weekend. JEFF HARPER/METRO

# MacDonald Bridge closed this weekend

## INFRASTRUCTURE

## Shutdown to continue until project's end: Spokeswoman



Yvette d'Entremont  
Metro | Halifax

The Macdonald Bridge may have been open to drivers over most of the holiday weekend, but be sure you make alternate plans to get to and from both sides of Halifax Harbour this

weekend.

The bridge will be closed from 7 p.m. Friday until Monday at 5:30 a.m. to allow for continued work on the Big Lift project.

This weekend, workers will replace deck segments 15 and 16.

"This will be the third weekend that we've replaced two (segments), and we will continue to close on weekends until all deck segments are replaced," Alison MacDonald, spokeswoman for Halifax Harbour Bridges, said Thursday.

MacDonald said they are still on track to complete the work on schedule by December 2016.

"We weren't replacing deck segments last weekend. We were catching up on some welding and doing some other work," she said.

"The bridge did open around 2 p.m. (last) Saturday afternoon and then it stayed open for the rest of the holiday weekend."

MacDonald advised people to keep tabs on the Halifax Harbour Bridges website, Twitter

feed and app for the schedule. "Every weekend (from now on) the bridge will be closed to replace two deck segments, unless people hear otherwise," she said.

The Big Lift project involves replacing 46 bridge deck segments. It is expected the Big Lift will give the Angus L. Macdonald Bridge a life span of 75 years.



**We will continue to close on weekends until all the deck segments are replaced.**

Alison MacDonald, spokeswoman for Halifax Harbour Bridges



**CHESTER NS**  
**4 Acre Home & Garden Centre**

**NOVA SCOTIA'S  
PREMIERE  
DESTINATION  
GARDEN CENTRE**

- Full service plant nursery
- Massive selection of ceramic pots
- Gift store & ice cream shop and so much more!

Take  
EXIT 8 and  
Make a Day  
of it.



**4392 Hwy #3 • 902-275-2505 • plantcrazy.ca • Open 7 Days a Week**





Heavy equipment lines the Cabot Trail at Corney Brook as construction crews continue work on a realignment of a section of the road. COURTESY PARKS CANADA

## Major work on the roads

### CAPE BRETON

#### Residents should brace for increase in traffic delays

Ten major road construction projects are underway in Cape Breton Highlands National Park, as a significant portion of \$52.3 million in federal infrastructure spending gets put into action.

Announced last year, the money is earmarked for bridge, culvert and road rehabilitation work along the Cabot Trail in the national park. And some big-ticket projects — five bridge replacements, two culvert replacements, a road realignment, a road rehabilitation and rock stabilization efforts — are going ahead this year.

The work will result in some traffic delays and inconveniences for visitors, residents and local business owners, but Kelly Deveau, a Parks Canada visitor experience manager, said their message has been that it's short term pain for long term gain.

"We are doing our best to ease the pain, but at the same time we're pretty proud of these investments in our national park because it is going to result in better roads and bridges," she said. "It's going to mean safer passage for our visitors and residents in the future."

Two of the most significant projects happening this year are a road rehabilitation and paving project on the Cabot

Trail between French Mountain and MacKenzie Mountain, and a realignment of the Cabot Trail at Corney Brook.

"(At Corney Brook) we're basically moving a mountain and we're nudging the Cabot Trail inward," she said. "It's pretty impressive visually and it's a big one that's been going on since January."

No detour is required at the realignment site, while traffic control is in place at the road rehabilitation project. And at the five bridge replacement sites — North Aspy, Neils Brook, Black Brook, Warren Brook and Clyburn Brook — traffic will continue to flow as the old bridges will remain in use while the new bridges are being built.

"We've had a great spring so some of the work was able to start much earlier than planned," said Deveau. "That being said, there's still going to be construction stoppages along the Cabot Trail."

One event that has been impacted by the construction is the 17-leg Cabot Trail Relay Race, set for this weekend. Race officials have announced changes to legs 11 and 12 because of the construction — leg 11 will be shorter and leg 12 will be longer, and runners on leg 12 will be required to use head lamps as they will be dealing with loose gravel and shale for a portion of their run.

The work in the national park is part of an overall investment of \$85 million in Parks Canada infrastructure in Cape Breton. TC MEDIA

### + KEY PROJECTS & TIMELINES

**Grand Falaise culvert:** June to December (detour will be in place)

**Cabot Trail realignment at Corney Brook:** October 2015 – September (no detour required)

**French Mountain culvert:** September – December (traffic control)

**Cabot Trail road rehabilitation (French**

**Mountain to MacKenzie Mountain):** May – October (primarily using traffic control)

**North Aspy Bridge (North):** November 2015 – January 2017 (use of existing bridge during construction of new bridge)

**Neil's Brook Bridge:** April – December (use of existing bridge during construction of new bridge)

### RCMP

## Stunting charges on rise in Tri-County

The RCMP's Western Traffic Services has laid five stunting charges in the Tri-County area since April.

Stunting is an offence under the Nova Scotia Motor Vehicle Act which occurs when a driver is exceeding the speed limit by more than 50 km/h. It carries a fine of \$2422, six demerit points, a minimum seven-day driving suspension, and the

vehicle is automatically seized.

"We've definitely seen an increase in the number of stunting charges we've laid," said Cst. Aaron Swim.

"This type of aggressive driving is a real concern for police."

The RCMP encourages motorists to report aggressive driving by calling 911 and providing as much detail as possible. TC MEDIA

**Sears**  
LOWER SACKVILLE

We're  
making room  
for something  
**NEW!**

## FLOOR MODEL CLEARANCE SALE

STARTS MAY 27<sup>TH</sup>,  
WHILE QUANTITIES LAST

SAVE <sup>UP TO</sup>  
**40%**

ON REGULAR PRICED FLOOR MODEL  
MAJOR APPLIANCES

SAMSUNG



KitchenAid

BOSCH

FRIGIDAIRE



SEARS LOWER SACKVILLE  
585 SACKVILLE DRIVE  
902-865-9997

**SEARS HOMETOWN STORES**  
are locally owned and operated by dedicated  
individuals serving their communities.  
We carry the top major appliance brands,  
sleep sets, lawn & garden products and much more.

**Sears**  
HOMETOWN STORE



## NOVA SCOTIA'S MENTAL HEALTH EMERGENCY

# Province states its case

## Q &amp; A

## Issue not a quick fix, says minister of health



**Zane Woodford**  
Metro | Halifax

As part of the Faces of Mental Health series, Metro sat down with Nova Scotia Health Minister Leo Glavine this week to talk about mental health care in the province, and what his government is doing to improve the system for those suffering from mental illness.

The following interview has been edited for length.

**Metro: We started the series that we're doing this week because of Cody Glode. What would you say to the loved ones Cody leaves behind?**

Certainly I have expressed publicly my condolences to the Glode family. I became familiar on a visit to Truro about the tragic situation of his suicide.

There are times, for sure, when our system is not as responsive as it needs to be to deal with those acute moments when people do have feelings of helplessness and hopelessness with their situations.

We know, however, that many people have been helped by the crisis line. I think to have that now available to every Nova Scotian is again another way that we want to reach out to

support everybody and anybody across the life span who have mental health issues.

It's not a comprehensive, full delivery of those who are presenting in trauma and mental health crisis and it's an area we have to do better.

**Metro: People tell us constantly this system is broken. Do you believe it needs an overhaul?**

We have made progress in some areas. So we now need to evaluate what it's done, how effective it has been, and where do we need to go with the next five-year strategy. What are those weak areas in the system that should be addressed as quickly as possible?

For the very first time, we also have now the opportunity to put standards of mental health care across the province like we've never had before.

Finally under the direction of Dr. Linda Courey with the Nova Scotia Health Authority, we are actually going to have a provincial standard of mental health care when somebody presents in the acute care system, when they present to a mental health unit in a community. And I think this is finally going to give us and put us at a better place.

Probably more resources may very well be part of that plan, but certainly, finally getting a standard of care, I think, is going to go a long, long way in addressing some of where we are currently deficient.

**Metro: Why is it so difficult to implement mental health care services?**

We're a long way from the day when Nova Scotians or Canadians will talk about their mental health challenges, illnesses, or even a deep psychosis like we would talk about, 'I'm going to need a heart valve replacement,' or, 'I have cancer, I'm dealing with cancer.' We talk about those, the big c-words, cardiac and cancer, but when it comes to mental health, there's still a great reluctance. Why is it so difficult to deal with?

It is one of the most difficult illnesses to deal with, and I believe it will be, without question, the illness of the 21st century.

We can do brain surgery, neurosurgery, but we know a lot less about the working of the mind. And that's the piece that constantly, we need to make as many gains as we can, and do as much as we can in terms of those who suffer mental illness.

**Metro: Throughout our series this week, we've profiled people who've had their own experiences with mental health struggles. How do you personally relate to those stories?**

I would put it in this context: I don't think there's a family in Nova Scotia, and I mean by that the extended families, that haven't had to grapple with and deal with severe, or let's say, from mild to severe mental health issues.

I have probably had my greatest challenges as an educator and as a school administrator when we've had a tragic situation. You always question, 'What more can we do?'



**Health Minister Leo Glavine during a sit-down interview with Metro Halifax on Wednesday.** JEFF HARPER/METRO



We won't let the conversation end and neither should you.

For four days we put our paper's focus on Nova Scotia's mental health emergency and have been receiving constant feedback and stories from people about the struggles they're facing within our mental health care system.

We appreciate that openness and feel you should share with our

premier as well. Using the hashtag #FacesofMentalHealth, we're asking you to tweet Premier Stephen McNeil (@StephenMcNeil) to let him know about your stories, and what needs to be done.

Together, we can make change.



**Philip Croucher**  
Metro | Halifax

## PUBLIC INQUIRY

## There are 'gaping holes,' says Opposition

The leader of the opposition in the provincial legislature is repeating his call for a public inquiry into mental health care in Nova Scotia, and calling for a complete overhaul of the province's system.

"The need is too great," PC leader Jamie Baillie said in an interview on Wednesday. "We need a system that is there for everyone, and until it's there we're going to keep up our call for a public inquiry."

Baillie said the government is not equipped to deal with what he calls an "emerging health crisis," and said a public inquiry would ensure no one else falls through the cracks. "The government is not there for people when they need it," he said. "There are not cracks in our system. There are gaping holes."

Asked why PC governments in the past haven't done the kind of work he's calling for, Baillie said he doesn't want to blame any past government for the current state of mental health care. "This should not even be a partisan issue," he said. "We are using all the tools at our disposal, including political tools, to force the government to act to make life better for people who have mental illness."

ZANE WOODFORD/METRO

## RESPONSE

## Liberals say they're spending more

The Department of Health and Wellness wishes to correct and clarify a figure that appeared in the May 24, 2016, article titled Moving in the wrong direction.

The article stated that of the \$4.1-billion health budget, 4.5% (\$187-million) is invested in mental health and addictions services. Actually, the province is investing 6.7% (about \$275-million) toward mental health and addictions. This investment includes:

— \$146.2-million to the Nova Scotia Health Authority for mental health and addictions services

— \$41.5-million to the IWK for mental health and addictions services.

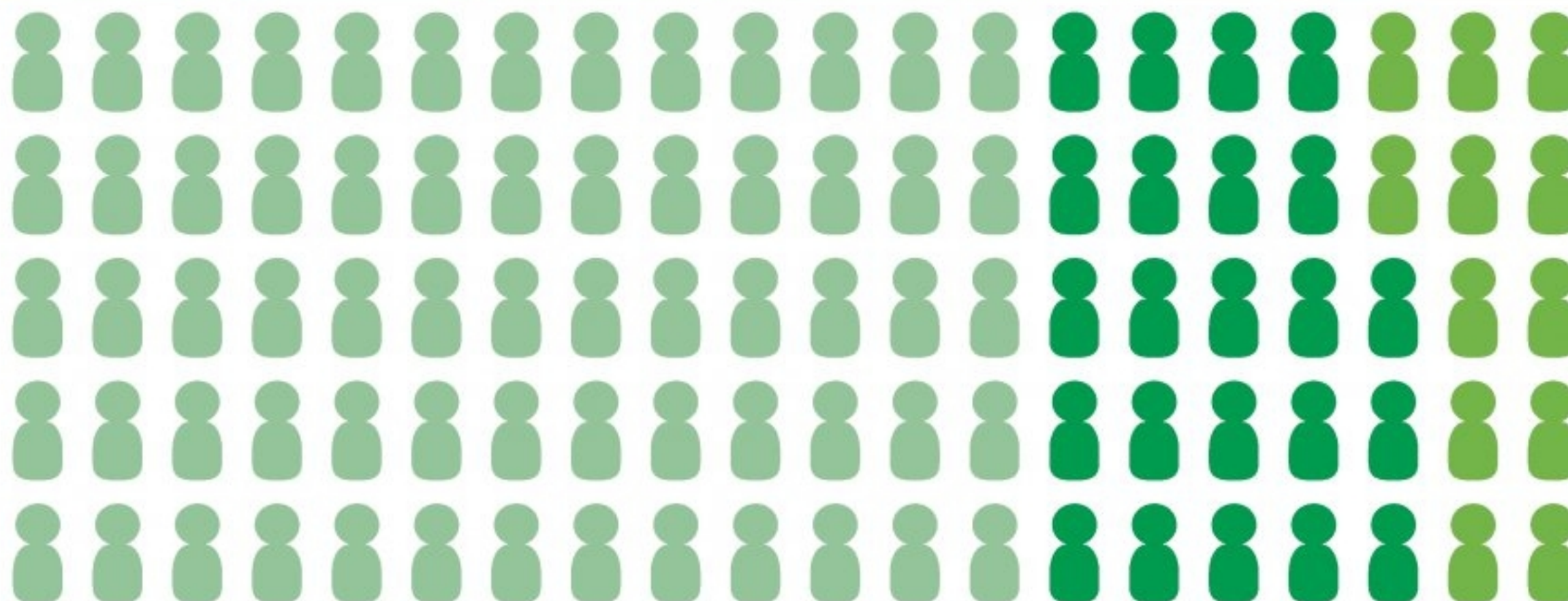
— \$8.1-million toward community groups and programs to address mental health/addictions.

— \$48.7-million toward physician costs related to mental health.

— \$30.3-million toward mental health and addictions for Pharmaceutical Costs DEPARTMENT OF HEALTH

Number of people who felt they needed mental health care in the last 12 months

Total: 163,627



**65%** Felt all their needs were met

**23%** Felt their needs were partially met

**12%** Felt their needs were not met



## NOVA SCOTIA'S MENTAL HEALTH EMERGENCY

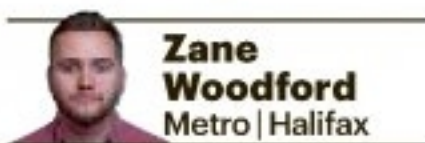


Laura Burke became a drama and psychotherapist after battling with her own mental health and schizophrenia diagnosis. JEFF HARPER/METRO

# 'People just lose hope'

## DIAGNOSIS

## Laura Burke reclaimed her life through helping others

Zane Woodford  
Metro | Halifax

Laura Burke is mad.

No, she's not angry.

She's been living for more than a decade with a diagnosis of schizophrenia, and the Mad Pride movement — which has taken off in Toronto, but is still in its infancy in Halifax — is a way for her to reclaim what it means to live with mental illness.

"The diagnoses are incredibly weighty, and they hold people back so much," she says. "The ideas around what this means for their whole lives ... people just lose hope so easily."

For the 36-year-old Halifax woman, finding that hope again wasn't easy.

"I definitely felt like, 'Oh my life is over, like this is it.' I was very close to the edge for a long

time because it was just like, 'I don't want to commit to this,' she says. "This" was life.

Burke was suicidal just like many other people who receive a diagnosis that makes them feel like it's going to be downhill from here on out.

"The suicide risk for people that are given these negative ideas about what their lives are going to be is really real," she says. "People don't understand the harm that psychiatry has done in the last several hundred years by telling people that this was degenerative and this was it."

Burke's lived experience with mental illness began with an eating disorder as a teen, and then she struggled with depression through her undergrad in Montreal. Later, she started experiencing psychosis.

She went to doctors in Montreal, and then in Nova Scotia after her hallucinations and cognitive confusion became too much for her to continue her studies at university.

Doctors repeatedly dismissed her claims that she was experiencing psychosis, brushing her off as a hypochondriac psych student.

One doctor told her she was "too articulate" to be schizo-

phrenic. Another told her they don't treat the early stages, and to come back when it got worse.

She suffered without help for months. Eventually, she ended up in the Early Psychosis program in Halifax, and a doctor and nurse agreed she had a psychosis. Then came the drugs.

"Yeah, the medication took care of the hallucinations and weird thoughts or whatever ... but the negative symptoms and the cognitive confusion took a long time to come back from, and I didn't know if I would," Burke says.

She didn't know if she'd come back because "all the old research shows that this is a gradual degenerative course towards disability."

Burke says new research is much less dire.

"If you stay engaged, and you have the proper supports, you won't experience that gradual degenerative course," she says.

Burke found that support network with people at Laing House and at the Connections Clubhouse next door. And she found hope.

"Just being around people who were living in spite of all these negative things that people told them ... it was just amazing, it

was like, 'Oh, this is really possible,'" she says.

"That was a big part of it I think, was the peer connections. And certainly I had clinical treatment that was useful, but I think most of what really helped me was finding the psychiatric survivor movement, and also just individuals, who identified with that or not, who were doing really well, and were supportive, and welcomed me into their friend group."

Once her own mental wellness started to improve, Burke wanted to give back. She applied to work at Laing House and the Schizophrenia Society of Nova Scotia, and started working in a peer support capacity at both within a couple of years.

"Right away I was like, 'Oh, my lived experience is really valuable to these youth, and it's not about me, I need to get out of the way and stop being self-pitying, so that I can be a good example for them,'" she says.

"And it actually accelerated my recovery process because it made me realize, 'Oh, it's not about me, and this is a larger issue that a lot of people are working with, and I want to be able to support these young people and if I'm in

the corner self-pitying, I'm not going to be able to do that.' It really helped me get out of my own way."

Now, as a drama therapist and psychotherapist, she's continuing to use her experience to help others.

"I think there's an element of hope I can offer in that I really, really have thought long and hard about what it means to live with these labels and in a society that treats you this kind of strange way," she says.

### HOW TO GET HELP

**If you're in crisis,** go to the nearest hospital, call 911, or call the province's crisis line at 1-888-429-8167 (toll free), available 24 hours a day, seven days a week.

**If you're looking for programs and services, or information about mental health,** contact the Canadian Mental Health Association at 1-877-466-6606 (toll free).

PAMELA MAGEE

## Expert hopeful for future

The executive director of the Nova Scotia division of the Canadian Mental Health Association is hopeful that mental health care in the province will improve in the coming years.

"We are extremely excited and hopeful for what the future could offer," Pamela Magee said.

Magee said she'd like to see Nova Scotia lead the way when it comes to mental health care, and believes that's possible.

"I think what is unique about Nova Scotia — and some-



**"We don't fall down and stay down, we get back up and we find solutions."**

Pamela Magee

thing I've always been proud of as a Nova Scotian — is the fact that we are highly resilient beings," she said.

"We don't fall down and stay down, we get back up and we find solutions."

Magee is specifically optimistic about the effect the amalgamation of the health authorities will have on mental health care in the province, though she said it remains to be seen exactly how that will work.

She said so far, "there appears to be a strong interest in figuring out ways to collaborate."

"There's a keen interest in that, which is promising, because that level of discussion hasn't occurred since the budget cuts last year, so that's really promising," she said. "Where that's going to end, I don't know, but I'm extremely hopeful at this point that something positive will come out of this."

While he wouldn't nail down a specific timeline, Nova Scotia Health Minister Leo Glavine told Metro that Dr. Linda Courey, the senior director of mental health for the Nova Scotia Health Authority, would be reviewing mental health care services across the province and creating one standard of care to use across the board.

Glavine said that "probably more resources may very well be part of that plan," but would not commit to Metro's ask for 13 per cent of health care funding to go to mental health care.

ZANE WOODFORD/METRO



## HANTSPORT

## Apple Blossom festival in bloom

The 84th Annual Apple Blossom Festival officially got underway Wednesday, in the Haven of Hospitality.

Dignitaries, leadership candidates and members of the public attended the opening ceremonies at the Hantsport School to usher in another year of the festival.

Lt.-Gov. J. J. Grant said he was honoured to help kick off the 84th Apple Blossom Festival and cut the ribbon.

"It was very exciting to be here with such a varied crowd," Grant said.

"Former queens, young people singing and a band and I think you could feel the excitement in the room," he said.

"I think this is the agricultural heart of the Maritimes

and it's important for all of us to support it any way we can," he continued.

"So many people volunteer and work hard to make these things happen."

Gary Long, the president of the Apple Blossom Festival, said he was relieved that the festival was officially underway.

"There's a lot of work that goes into this by a lot of people," Long said. "The anticipation leading up to the official opening and everything can be a little bit stressful."

He noted that apple blossoms throughout the Valley are now in bloom.

"We're happy to see it underway and we're looking forward to all of the great activities we've got lined up for this

weekend," he said.

Eleanor Gallant, Princess Hantsport 2016, said she was very proud to have the opening ceremonies held in her hometown.

"I love being able to show everybody how hospitable Hantsport is and how welcoming everybody is," Gallant said. "It's really wonderful to see everybody here supporting all of the princesses."

Gallant said she's looking forward to getting to know the other leadership candidates throughout the festivities.

"I'm looking forward to seeing parts of the Annapolis Valley I've never seen before, to just really soak in all of the different things that are going on," she said. HANTS JOURNAL



Emergency personnel attend the construction site at the old Yarmouth junior high school on Parade Street, where a worker was found dead on Wednesday. TC MEDIA

## Worker found dead at demolition site

## YARMOUTH

### Body found by excavator at former junior high school

The provincial department of labour is investigating a death at a Yarmouth construction site.

On Wednesday, a worker was found dead near an excavator at the demolition site of the former Yarmouth Junior High School on Parade Street.

Tracy Barron, media relations advisor for the Nova Scotia Department of Labour and Advanced Education, said on Thursday that the site was secure and a stop work order has been issued for the excavator and immediate area.

The Occupational Health & Safety division is continuing to investigate the incident to

determine what happened. "This is very sad news, and our thoughts and sympathies are with the worker's family and loved ones," she said.

The RCMP, EHS and other rescue personnel were on the scene Wednesday evening. The RCMP have not provided any details about the death of the worker. TC MEDIA



This is very sad news, and our thoughts and sympathies are with the worker's family and loved ones.  
Tracy Barron, Nova Scotia Department of Labour



**Kejimikujik**  
National Park and  
National Historic Site

### REQUEST FOR PROPOSALS

Food and Beverage Concession (Motorized Access)  
Kejimikujik National Park and National Historic Site

Parks Canada is inviting proposals for the operation of a motorized food and beverage vendor located within Kejimikujik National Park and National Historic Site, Maitland Bridge, NS.

Parks Canada will enter into a Licence of Occupation with the successful proponent for the operation of motorized food and beverage concession to the visiting public at Kejimikujik National Park and National Historic Site for one (1) operating season commencing in July 2016.

Documents may be obtained from the following location:

Parks Canada Agency  
Nicole Gaudet, Realty Advisor  
1869 Upper Water Street, Suite AH201  
Halifax, Nova Scotia B3J 1S9  
(902)407-7557  
nicole.gaudet@pc.gc.ca

Sealed proposals marked "Solicitation Number: PCA-2016-13-KNPNS" will be accepted at the address noted in the Request for Proposal documents. Proposals must be received on or before 2:00 p.m. (AST) on Wednesday, June 22, 2016.

No proposal shall be considered unless it is accompanied by the required documents as stated in the RFP and received by the date and time specified above. Proposals received after the specified date and time will be returned unopened. The highest or any proposal shall not necessarily be accepted.



Parks  
Canada

Parcs  
Canada

Canada

You  
**Autobahn for All**

**Sales Event**

**2016 Jetta**

1.4 TSI TRENDLINE  
MANUAL TRANSMISSION

TSI Turbocharged Engine

LEASE FROM

**\$45** at **0.99%** for **48**  
WEEKLY MONTHS\*

Available App-Connect

Standard Rearview Camera



**OFFER ENDS MAY 31<sup>ST</sup>**

**ONLY AT STEELE VW  
IN DARTMOUTH**

**EXCEPTIONAL EXISTS  
FOR LESS THAN  
YOU THINK.**

696 WINDMILL RD  
DARTMOUTH, NS  
PH: 902.468.6411  
TF: 1.888.785.2989  
WWW.STEELEVW.CA

**Steele**  
VOLKSWAGEN



\*With \$1,350 down, 0.99% for 48 months, plus applicable taxes and fees.





Earn up to  
**\$600**  
cash back in  
the first year.

## Get the only cash back debit card in Canada.

Open a new Scotiabank Momentum Chequing Account and  
earn double the cash back on all of your debit purchases until  
July 31, 2016 – up to \$600 in the first year.



[www.scotiabank.com/momentumchequing](http://www.scotiabank.com/momentumchequing)

You're richer than you think.®



®Registered trademarks of The Bank of Nova Scotia. ™Trademark of The Bank of Nova Scotia. Interac and Interac Flash are trademarks of Interac Inc. used under license. The standard cash back is 1% on all debit purchases, subject to the account terms. In order to qualify for the additional 1% cash back bonus ("Bonus"), you must open a Scotiabank Momentum Chequing Account (an "Eligible Account") between March 21, 2016 and June 30, 2016. Employees of Scotiabank and individuals who are/ were previously holders or joint holders of an Eligible Account, Scotia® Moneyback™ Account, Scotia One™ Account, Basic Banking Account, Basic Banking Plan, or Scotia Value® Account, are not eligible. Maximum one offer per customer. After July 31, 2016, only the standard cash back of 1% will apply to a maximum of \$300 in 2016. The Bonus cannot exceed \$300. To receive any cash back, the new Eligible Account must remain open and in good standing throughout November 2016 which means that it has not been in continuous overdraft with or without Overdraft Protection for a period of three consecutive months. This offer cannot be duplicated or combined with any other offer. Scotiabank may withdraw or change this offer at any time without notice.





**NEWS SUBMARINE IN HALIFAX FOR REPAIRS** The HMCS Windsor Heads out of Halifax Harbour on Thursday. The submarine was in Halifax getting repairs and maintenance after a battery cell overheated at sea earlier this year. JEFF HARPER/METRO

# Cannes-do attitude

FILM

## Festival helps local director Johnston beat writer's block

A Nova Scotia filmmaker and director whose short film was showcased at France's Cannes Film Festival said the event has inspired her future work. Truro native Leah Johnston, 30, spent more than a week at Cannes.

"It was really cool and very humbling," she said.

Her short Ingrid and the Black Hole was showcased in Telefilm's Not Short on Talent program at Cannes Market.

"Honestly, I was feeling a bit stuck before going to Cannes, but now I'm excited to start writing again," she said.

"I was in a bit of a block, but I find after seeing other people's shorts, that fades away. I find inspiration in

other people's work and can write again." While her film wasn't being showcased until near the end of the festival, Johnston spent a week prior at the event.

"It was such a wonderful networking event. At international events, Canadians kind of cluster together and there was a Canadian pavilion we spent time at. I met some other producers and filmmakers from other parts of Canada," she said.

Johnston said a lot of the first few days were spent talking with others about her upcoming project Creature He and putting some feelers out.

"I got some positive responses for my films," she said. Now that she's home from the festival, she's hoping to begin writing the script for Creature He.

"It's about girls raised in seclusion who believe men are extinct and what happens when they realize maybe there are men in the world," she said. TC MEDIA

FREE

## UP SOME BASEMENT SPACE

Halifax Curbside Give Away Weekend  
June 4 - 5, 2016

Whether it's freeing up space in your house, or finding something great for free, you won't want to miss Curbside Give Away Weekend - a free-for-all that helps our environment by reducing the number of items that end up in our landfill.



Download the Halifax Recycles app to search what goes where and receive weekly notifications.

[halifax.ca/curbside](http://halifax.ca/curbside)

#hfxcurbside

HALIFAX



**SALE ENDS MAY 31<sup>TH</sup>**

**ONLY  
AT STEELE  
HYUNDAI!**



NEW 2016 HYUNDAI

# ACCENT

SEDAN OR HATCHBACK

WAS \$13,899

**SAVE OVER \$6,000<sup>†</sup>**

**\$8,599<sup>\*</sup> OR \$23<sup>WK</sup>**

ADD: AUTOMATIC,  
AIR CONDITIONING  
& REMOTE START

**\$33<sup>WK</sup>**

2016 HYUNDAI

# ELANTRA GL

**\$15,749<sup>\*</sup> OR \$42<sup>WK</sup>**

**SAVE OVER \$5,000<sup>†</sup>**

- AUTOMATIC TRANSMISSION
- POWER WINDOWS & LOCKS
- HEATED FRONT SEATS
- AIR CONDITIONING
- CRUISE & TILT
- BLUETOOTH



2016 HYUNDAI

# SANTA FE SPORT

**YOUR CHOICE**



**\$65<sup>WK\*\*</sup>**



2016 HYUNDAI

# TUCSON PREMIUM

**IT'S THE LEASE WE CAN DO!**



THE ALL NEW 2017 HYUNDAI

# ELANTRA GL

**HOME OF THE 2 YEAR LEASE**

AUTOMATIC, BLIND SPOT WARNING, AIR CONDITIONING,  
CRUISE, ANDROID AUTO, BACK UP CAMERA, ALLOYS,  
HEATED SEATS, HEIGHT ADJUSTABLE PASSENGER SEAT,  
& MUCH MORE!

**\$145<sup>BW</sup> ALL IN**

INCLUDES: \$0 MONEY  
DOWN, ALL FEES,  
FREIGHT & TAXES!

**Steele**  
HYUNDAI

3625 Kempt Rd, Halifax, NS  
Local: 902.982.3980  
TollFree: 1 877.720.7453  
[www.steelehyundai.com](http://www.steelehyundai.com)

**YOU PAY THE  
INVOICE PRICE!**

**DEALER INVOICE  
PRICING**

\* Plus tax, freight & fees. \*\* Plus tax, freight & fees. † Based on 24 months, 16,000 km per year. ‡ Tax in savings.





Officials in Fort McMurray, Alta. have been working hard for weeks to restore gas and power service to the community in preparation for the arrival of the city's evacuated residents. RYAN REMIOWZ/THE CANADIAN PRESS

# Switching a city back on

Return to **FORT MAC**

## Community preparing for return of evacuees

**Ryan Tumilty**  
Metro | Edmonton

When 90,000 people fled Fort McMurray in early May, they left behind not only homes and lives, but grocery stores, gas stations and other essential services that now need to be turned back on.

And that's the challenge many are currently trying to solve: How do you do that by June 1, when the government will allow evacuees to return voluntarily? The

answer: It's really complicated.

"When we evacuated the city, 90,000 people were gone. We turned off the lights and we turned off the gas and, 24 days later, we have issues," said Bob Couture, Fort McMurray's director of protective services, who is overseeing the work of turning the community back on.

Couture said the task at hand leaves hundreds of items to think about and most have been more complex than people anticipate.

"You expect a grocery chain might just be able to turn the lights back on, but it's not — it's a very complicated process," he said.

Just getting staff from grocery stores or other companies up to the city to operate the facilities is a challenge, he said. "The hotels have been down, so we have

**"We are going to have a new normal in our community and what that is, I really don't know. Bob Couture**

to get those up and running for accommodations."

Fort McMurray is more than 400 kilometres north of Edmonton, where many evacuees and workers are now based. The distance means that everyone coming to help re-start the community has to be housed and fed, which Couture said is a major challenge.

"There is only one way into Fort McMurray right now and that's by road and it's five hours away from everything else."

He said they've also had to be selective in who they have let back in.

"We have a large community

of 90,000 people and everybody wants to come in and everybody wants to help, and there is no room for everybody to go," he said.

The phased re-entry of the community is set to begin next week. Much of the city's electricity and gas service has been restored but it may be well into June before a boil-water advisory for drinking water can be lifted.

Couture said getting information out to the people has been one of the biggest challenges in planning for that.

And even after re-entry, Couture said there are going to remain hiccups.

ONTARIO

## Pit bull ban a problem for Fort Mac family

**Lucie Edwardson**  
Metro | Calgary

Tera Joseph and her family are trying start over after fleeing their home in Fort McMurray when the wildfires forced them out of the city earlier this month.

Traveling cross-country in car from Edmonton to Prince Edward Island, the family and their beloved dog Lucy were focused on figuring out what came next — until, while in Manitoba, they found out, Lucy, a pit bull wouldn't be allowed to pass through Ontario legally.

"I was aware of the Ontario ban on pit bulls, but I wasn't aware that I couldn't even pass through the province," she said. "Upon learning this, we decided we would fly her from Winnipeg—but then we found out they also have a pit bull ban."

Ontario's Dog Owner Liability Act came into effect in August of 2005, banning all pit bull breed dogs from the province, unless

the dog was born prior to the act passing.

"If the animal is deemed to be prohibited it would be transported out of the province," said Ontario SPCA Insp. Brad Dowar.

The dog's owner could also face fines or jail time.

"I'm pretty much out of options at this point, but I've reached out to Charlie's Angels for Animals and they've put me in touch with a few organizations like Pilots and Paws Canada, West Jet cargo, Air Angels Canada—who are all now trying to help," she said.

To make matters even more difficult, Joseph said she doesn't have proper documentation for Lucy because it was left behind when they fled Fort McMurray.

"I'm trying to get her to a vet now so they can give her some sort of papers so she can fly," she said.

Joseph said Lucy, 7, is a gentle, kind and loving dog who spends significant time with her 3-year-old and other kids she babysits in Fort McMurray.



Tera Joseph is trying to find a way to get Lucy, a 7-year-old pit bull, to PEI without breaking any laws in Ontario. CONTRIBUTED

**WE'VE MADE A SPECIAL PURCHASE!**

**2016 RAM Outdoorsman 5.7L HEMI 4x4**

Backup Camera, Bluetooth, Satellite Radio, Tow Pkg

**LEASE OR PURCHASE:**

**\$99**  
wk\*

**0% FOR 84 MONTHS!**  
PURCHASE FINANCING!

**HALIFAX**  
CHRYSLER • DODGE • JEEP • RAM

BAYERS LAKE, Halifax, NS  
Phone: 902-982-3915  
www.halifaxchrysler.com

**EXACT RAM SHOWN  
WHEN THEY'RE GONE...  
THIS DEAL IS GONE!**

44 BEDFORD HWY, Halifax, NS  
Phone: 902-982-3982  
www.steelechrysler.com

**Steele**

CHRYSLER | FIAT

\*Lease or finance payment includes \$1,500 truck owners/tradesman rebate & \$1,500 lease/loyalty pull ahead cash — lease or finance payment is plus freight, taxes & fees. Dealer installed accessories are additional charge.



# Vickers tackles a protester in Dublin

IRELAND

## Canadian hero both lauded and criticized for actions

Canada's ambassador to Ireland tackled a protester who interrupted a memorial service in Dublin on Thursday.

"During a ceremony to remember British soldiers who died during the Easter Rising in 1916, Ambassador Kevin Vickers intercepted a protester who ran up to the podium," Global Affairs Canada said in a statement.

Vickers was sergeant-at-arms at the House of Commons when Michael Zehaf-Bibeau stormed Parliament Hill after killing a soldier outside in October 2014. He shot Zehaf-Bibeau dead.

Vickers was named Canada's ambassador to Ireland in January 2015.

Thursday's incident occurred at a wreath-laying ceremony at Grangegorman Military Cemetery, which honoured British soldiers who died during the Easter Rising, when an armed rebellion of Irish Republicans tried to create an independent Irish state.

Wearing a "Justice for the Craigavon" T-shirt, the man ran towards the dignitaries, shouting "It's a disgrace," an eyewitness told the Independent. The Craigavon is a contested area of Northern Ireland that was a hotbed for violence during the Troubles.

"The whole thing lasted



Canadian Ambassador to Ireland Kevin Vickers, left, wrestles with a protester in Dublin on Thursday. THE CANADIAN PRESS

about a minute. The Canadian ambassador grabbed him. There was a struggle and (police) wrestled him to the ground," the unnamed witness told the Independent.

"Without hesitation he (Vickers) jumped out from the middle of dignitaries."

Vickers was representing Canada as a guest of the Irish Minister for Foreign Affairs and Trade Charles Flanagan, Global

Affairs said in a statement.

The protester was arrested by Irish police, Global Affairs said.

On social media, both Canadians and Irish praised his quick reflexes and heralded him as a "bad ass."

But not everyone was impressed. Some people in Ireland expressed concern that a foreign official would physically tackle a protester.

TORSTAR NEWS SERVICE

PREFERRED NUTRITION

## Stressed Out?

Between work and home and everything in between, life provides an unrelenting barrage of stress. The ability to withstand stress depends on the optimal function of the adrenal glands. When stress becomes overwhelming and chronic, adrenal fatigue sets in resulting in symptoms including:

- Low energy
- Loss of sleep
- Fatigue
- Low libido
- Feeling "Blah"
- Low stamina
- Poor immunity
- Pain and inflammation

In fact, 75-90 percent of all doctor visits can be related back to stress. The main stressors for people include money, work or school, relationships, family responsibilities and health. Teen stress can rival that of adults.

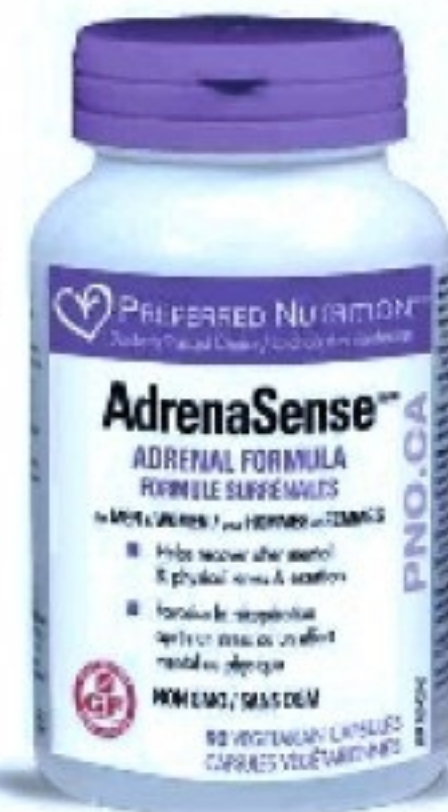
So what can we do? Obviously some stress is unavoidable. But how we deal with stress and reducing unnecessary stress is part of the solution, along with positive lifestyle choices and appropriate supplements to support your adrenal function.

AdrenaSense® is a natural formula containing rhodiola, suma, Siberian ginseng, schisandra and ashwagandha. Health Professionals recommend AdrenaSense to help improve mental and physical performance after periods of exhaustion or stress. AdrenaSense also helps to promote relaxation, provides cardiovascular protection and contains antioxidants for the maintenance of good health.



Join experts Dr. Karen Jensen ND and Dr. Marita Schuch ND and learn how to combat stress naturally, for a better, healthier, and more disease-free you.

**FREE** with purchase of AdrenaSense (while supplies last)



**PNO.CA**

Available at:

THE HEALTHY BUG • 3514 JOSEPH HOWE DRIVE • HALIFAX  
HEALTHY SELECTION • 1509 BEDFORD HIGHWAY • BEDFORD  
URBAN SANTE • 942 COLE HARBOUR ROAD • DARTMOUTH  
SUPER NATURAL FOODS-HALIFAX • 5755 YOUNG STREET • HALIFAX  
MARIPOSA NATURAL MARKET • 5229 ST. MARGARET'S BAY ROAD • UPPER TANTALLON  
OHEALTHY MARKET • 79 QUEEN STREET • DARTMOUTH  
PETE'S FINE FOOD • 1515 DRESDEN ROW • HALIFAX

Cambridge English  
CELTA

Certificate in Teaching English to Speakers of Other Languages

SAINT MARY'S  
UNIVERSITY  
Halifax, Nova Scotia, Canada • www.smu.ca

Your passport to global teaching opportunities

4-week intensive course: July 4-29 • November 14 - December 9  
The Language Centre, SMU • 1-902-420-5691 • CELTA@smu.ca

www.cambridgeenglish.org/celta



# Trump triumphs

## U.S. ELECTION

### Front runner shifts focus to Hillary Clinton

With a triumphant pile of delegates in hand, Republican Donald Trump on Thursday claimed support from "almost everybody" in his party and turned his attention to his likely Democratic presidential opponent, Hillary Clinton, who is still locked in a divisive primary contest.

The New York billionaire reached the number of delegates needed to clinch the GOP nomination hours earlier, according to the Associated Press count, just before a North Dakota campaign stop. It completed his unlikely rise that has upended the political landscape and set the stage for a bitter fall campaign.

"Here I am watching Hillary fight, and she can't close the deal," he told reporters. "We've had tremendous support from almost everybody."

Trump's good news was tempered by his own continuing campaign problems. Those include the abrupt departure of his political director and continuing resistance by many Republican leaders to declare their support for his upstart candidacy.

Trump was put over the top in the AP delegate count by a small number of the party's unbound delegates who told the



Republican Donald Trump  
THE ASSOCIATED PRESS

AP they would support him at the national convention in July. Among them was Oklahoma GOP chairwoman Pam Pollard.

"I think he has touched a part of our electorate that doesn't like where our country is," Pollard said. "I have no problem supporting Mr. Trump."

It takes 1,237 delegates to win the Republican nomination. Trump has reached 1,239. Of those, 95 are unbound delegates who have endorsed him.

With 303 delegates at stake in five state primaries on June 7, Trump will easily pad his total, avoiding a contested convention in Cleveland.

Trump fought off 16 other Republican contenders in an often ugly primary race.

Many on the right have been slow to warm to Trump, wary of his conservative bona fides. Others worry about his crass personality and the lewd comments he's made about women.

THE ASSOCIATED PRESS



**PROTESTS FRANCE IN TURMOIL OVER LABOUR REFORMS** A man holds a bouquet of flowers and a torch as he faces riot police during a demonstration against the government's planned labour reform, on Tuesday in Lyon, France. The reform proposals, which are designed to make it easier for companies to hire and fire, have sparked a series of nationwide protests and strikes. Masked youth clashed with police in Paris and striking workers blockaded refineries and nuclear power stations. AFP/GETTY IMAGES

## MEDITERRANEAN

### 4,000 migrants rescued in a day



A woman holds a baby as she disembarks from an Italian Navy ship. THE ASSOCIATED PRESS

More than 4,000 would-be refugees were rescued at sea Thursday in one of the busiest days of the Mediterranean migrant crisis, and at least 20 died trying to reach Europe as Libyan-based smugglers took advantage of calmer seas to send desperate migrants north.

The death toll was likely to grow far higher, however, as the Libyan coast guard also reported two overturned boats between the coastal cities of Sabratha and Zuwara. Only four bodies were found, raising fears that the rest of those on board had perished.

Overall, the Italian coast guard said it had co-ordinated 22 separate rescue operations Thursday that saved more than 4,000 lives.

"That probably is a record," said coast guard spokesman Cmdr. Cosimo Nicastro, noting that previous highs have been in the range of 5,000 to 6,000 over two days.

At least one smugglers' boat sank off Libya's coast, and 20 bodies were spotted floating in the sea, said Navy Lt. Rino Gentile, a spokesman for the EU's Mediterranean mission.

THE ASSOCIATED PRESS

## IN BRIEF

### 960 dead in attacks on medical facilities

A WHO report said nearly 960 people have been killed worldwide in attacks on medical facilities over two years, the majority of which were deliberate attacks. THE ASSOCIATED PRESS

### Finding Aristotle's tomb

A Greek archaeologist says a destroyed structure he discovered may be the tomb of Aristotle, though he concedes he has "no proof but just strong indications."

THE ASSOCIATED PRESS

## 2016 Dodge Grand Caravan

### "Canada Value Pkg"

7 PASSENGER, AIR, POWER WINDOWS, LOCKS, CRUISE & MORE!

DRIVE AWAY FOR:

**\$165** BW\*

NO EXTRA CHARGES!

NO HIDDEN FEES OR TAXES!

NO FINE PRINT - \$0 DOWN!



BAYERS LAKE, Halifax, NS  
Phone: 902-982-3915  
www.halifaxchrysler.com

**WE BUY BIG!  
YOU SAVE BIG!**

44 BEDFORD HWY, Halifax, NS  
Phone: 902-982-3982  
www.steelechrysler.com



**NEVER BEFORE!!**  
**ALL 2016**  
**GRAND CARAVANS**  
**0% INTEREST**  
**FOR 84 MONTHS**

**CRUSH!**



# Airbnb reviews Quebec law

## SHARING ECONOMY

### Wants divide between big and small operators

Quebec may be the first Canadian jurisdiction to regulate home-sharing services but the new provincial law won't become the only model guiding the evolution of Airbnb, says a senior company executive.

"What works for one community may not work for another," Chip Conley, global head of strategy and hospitality, said in an interview.

"The question I think people have is how is it properly regulated in a way that makes sense for local communities and that may be different in Vancouver than it may be in Toronto."

There are vast differences in approaches, including taxation laws, in the 34,000 cities in which Airbnb currently operates.

Conley said the company has no problem with local regulations that require, for example, guests to pay lodging taxes or



Quebec law won't be the only model regulating home-sharing service, Airbnb says. ISTOCK

that force property owners who rent out units as a full-time business to register with authorities.

"To be regulated is to be accepted," he said.

However, he added that Quebec's law, which came into effect on April 15, needs to make a clearer distinction between

property managers who make hundreds of thousands of dollars and home owners who occasionally rent out their primary residences a few times a year to help pay for vacations.

The Quebec law requires owners who frequently rent out their properties to obtain the same provincial certification as hotel and bed-and-breakfast operators, and therefore charge travellers lodging taxes of up to 3.5 per cent.

Since its implementation last month, requests for certification have more than doubled, said the tourism agency responsible for implementing the law.

Violators face fines between \$500 and \$50,000. Xavier Grot of the Quebec Hotel Association says he's optimistic the province has found the formula to regulate a problem angering an industry that claims to have lost thousands of room rentals due to the presence of Airbnb in the province.

THE CANADIAN PRESS

## IN BRIEF

### Canada Goose to open Toronto, New York stores

Canada Goose, the luxury winter jacket maker, will open its first two retail stores this fall — at Toronto's Yorkdale mall and in New York City.

The Toronto-based company says each store will be more than 4,000 square feet and showcase some of its vintage styles and more modern designs. Canada Goose products are currently sold through the company's online store and authorized retailers in Canada and abroad.

THE CANADIAN PRESS

### Social networks a key source for news: Study

Social networks are an increasingly important news source for many Americans, with Facebook leading the pack, a study showed Thursday. The Pew Research Center survey showed 62 per cent of adults get news on social media, and 18 per cent do so often. That shows a growing role for social media as a news source. AFP

## FINANCIAL PLANNING

# Helping the kids buy a first home can hit parents' net worth

Helping your children with a downpayment on their first home may be tempting, but financial advisers say to be sure to fully grasp how it will affect your own retirement planning before cutting a cheque.

Kristine Skinner, financial adviser with BlueShore Finan-

cial in West Vancouver, B.C., says before deciding to help, parents need to understand how it will affect their own net worth and overall financial plan.

A survey by the Bank of Montreal earlier this year found that 65 per cent of mil-

lennials said that they would rely, to some extent, on parents or other family members for financial assistance for as much as 10 per cent of the purchase price of their first home.

Skinner says there are several options parents could consider if they want to help their

children buy their first home.

You can give the money to your children as a gift, a plan of action that could require a letter confirming the cash is indeed a gift that they are able to show their potential lenders. Or you could lend them the money, which would also

need to be disclosed, including the repayment requirements.

How you come up with the cash for a gift can vary. If you don't have the cash on hand, you could cash out part of your portfolio or borrow the money.

If generous parents opt to sell stocks or mutual funds to

help their kids come up with the money, they could face a hefty tax bill depending on the amount. If they borrow the money, they won't have that problem, but will be charged interest and need to be sure that they have a plan to pay it back. THE CANADIAN PRESS



## Oh My Sole!

FOOTWEAR & ORTHOTICS

Happy Hour Starts Here!

**MEPHISTO**  
FINEST WALKING SHOES

**BIRKENSTOCK**  
Made in Germany • Tradition seit 1774

**FinnComfort**  
Made in Germany



**Friday & Saturday**  
**Buy 1 Get 2<sup>nd</sup> 25% Off\***

locally  
owned!

6061 Young St. Halifax • 902.423.8288 • ohmysole.com

## Do you know if the Canada Pension Plan will be there for you in retirement?

The Canada Pension Plan Investment Board (CPPIB) is responsible for investing your CPP contributions.

Our investment strategy is designed to help ensure the CPP will be there for generations of Canadian workers when they retire.

You're invited to hear from the individuals in charge of investing your CPP retirement income.

### Canada Pension Plan Investment Board

Public Meeting and Webcast  
Monday, June 6, 2016,  
2:00 p.m. – 3:30 p.m. ADT

### BY WEBCAST

Register in advance at  
[www.cppib.com](http://www.cppib.com)

### IN PERSON

Delta Halifax  
McNab/McDonald Room  
1990 Barrington Street,  
Halifax, NS



**CPP**  
**INVESTMENT**  
**BOARD**

Visit [www.cppib.com](http://www.cppib.com) to view Canada Pension Plan Investment Board's annual report, or request a copy by phone at 1-866-557-9510.



# INTRODUCING THE **ALL-NEW** 2016 CHEVROLET **CRUZE**



THE ALL-NEW 2016  
CHEVROLET CRUZE

FIND **NEW** ROADS™

#### FEATURES:

- ALL NEW DESIGN
- PREMIUM COMFORT, RIDE AND SAFETY
- ALLOY WHEELS
- HEATED SEATS
- REAR VIEW CAMERA
- 7" MYLINK ENTERTAINMENT WITH APPLE CARPLAY & ANDROID AUTO COMPATIBILITY

LEASE FOR **0.5%** OR FINANCE FOR **0%**

FOR UP TO 60 MONTHS  
OR **0.99%** FOR 84 MONTHS

FOR A LIMITED TIME RECEIVE **\$500 FINANCE CASH SAVINGS** & **\$500 GM CARD\*** APPLICATION BONUS

ALL NEW VEHICLES COME WITH:

**CHEVROLET  
COMPLETE CARE**

**2**

YEARS/48,000 KM  
COMPLIMENTARY  
OIL CHANGES\*\*

**5**

YEARS/160,000 KM  
POWERTRAIN  
WARRANTY\*

**5**

YEARS/160,000 KM  
ROADSIDE  
ASSISTANCE\*

CHEVROLET



**O'REGAN'S**  
DRIVING HIGHER STANDARDS

CHEVROLET | BUICK  
GMC | CADILLAC

2477 ROBIE STREET  
902-422-8551  
OREGANSONROBIE.COM

\*Visit O'Regan's on Robie for more details

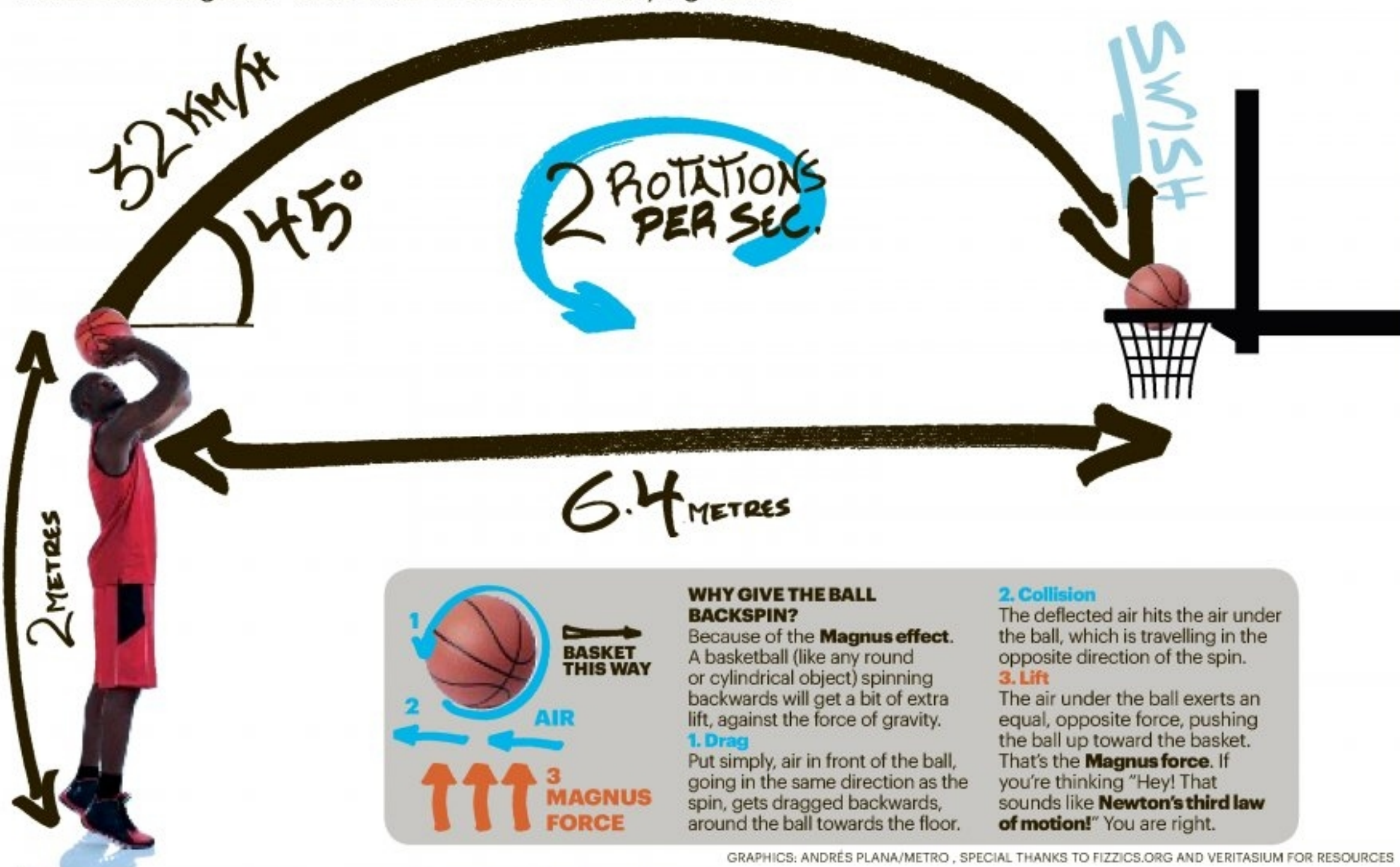


**WHAT'S OLD IS BREW** Analysis of 5,000-year-old dregs revealed the recipe of the earliest known beer in China. It contained barley, millet and tubers.

## DECODED BASKETBALL

# LEARN TO SHOOT LIKE DEMAR DEROZAN

Just kidding, we definitely can't teach you that. However, we can explain the **physics behind the optimal three-point shot** — which the 26-year-old Raptor is well on his way to mastering. We consulted some work from Creighton University physics professor Gintaras Duda to learn about the multitude of factors that must come together all at once to create a satisfying 'swish.'



### WHY GIVE THE BALL BACKSPIN?

Because of the **Magnus effect**. A basketball (like any round or cylindrical object) spinning backwards will get a bit of extra lift, against the force of gravity.

#### 1. Drag

Put simply, air in front of the ball, going in the same direction as the spin, gets dragged backwards, around the ball towards the floor.

#### 2. Collision

The deflected air hits the air under the ball, which is travelling in the opposite direction of the spin.

#### 3. Lift

The air under the ball exerts an equal, opposite force, pushing the ball up toward the basket. That's the **Magnus force**. If you're thinking "Hey! That sounds like **Newton's third law of motion!**" You are right.

GRAPHICS: ANDRÉS PLANA/METRO, SPECIAL THANKS TO FIZZICS.ORG AND VERITASUM FOR RESOURCES

## FINDINGS

Your week in science



THE REYNOLDS LAB

### NEW SNAKE SPECIES

Talk about precious silver: Harvard researchers have discovered silver boas previously unknown to science in the southern Bahamas. The critically endangered snakes could go extinct before we get much chance to study them, thanks in part to feral cats.

### SLEEPING WILLOW

Finnish and Austrian researchers used lasers to observe treetops sagging by up to four inches at night, then bouncing back in the morning. Why? It could be reduced water pressure because there's no photosynthesis at night. Or trees are resting their branches to save energy.

## SOUND SMART

NANO BALLS

### DEFINITION

**Nanoballs** are round objects, natural or synthetic, small enough to be measured in **nanometres** (billionths of a metre). It was just discovered that English ivy gets its super-sticky, brick-ruining properties from **nanoballs** of sugar-coated proteins.

### USE IT IN A SENTENCE

"I wish they sold **nanoball** glue at the store. Ralph's Bill Nye poster keeps falling off the wall."

metro

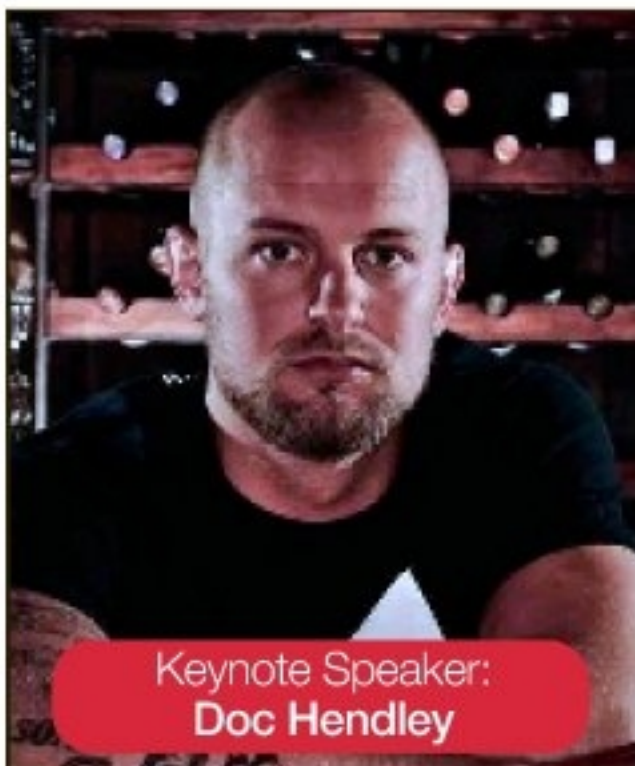
CHIEF OPERATING OFFICER, PRINT  
Sandy MacLeod

VICE PRESIDENT & EDITOR  
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,  
REGIONAL SALES  
Steve Shrout

MANAGING EDITOR HALIFAX  
Philip Croucher

ADVERTISER INQUIRIES  
adinfohalifax@metronews.ca  
General phone 902-444-4444



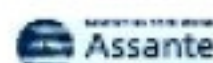
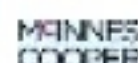
Keynote Speaker:  
Doc Hendley

The Salvation Army would like to thank you for coming out to make this event possible.

Thank you for Giving Hope Today in our community.



Presented by:



Hope In The City  
Leadership Breakfast

# Thank You!



# LAKE CITY WOODWORKERS

FURNITURE STORE

386 Windmill Rd, Dartmouth • 465-5000 • lakecitywoodworkers.com

## Spring Celebration Sale!



## SAVE THE TAX!

**SAVE HUNDREDS OF DOLLARS**  
on our full line of locally made  
**SOLID WOOD FURNITURE.....**

BEDS, DRESSERS, ARMOIRES, BOOKCASES,  
DINING TABLES & CHAIRS, SERVERS,  
KITCHEN ISLANDS... AND MUCH MORE!

**Many Stains/  
Colors to Match  
Your Decor!**

**Until May 29<sup>th</sup>**



# Just ask Mia, what Alice said

SEQUEL

## Actress returns to Wonderland six years after first Burton film

Richard Crouse  
For Metro Canada



Alice Through The Looking Glass, the six-years-in-the-making sequel to Tim Burton's Alice in Wonderland, takes place in a world where chess pieces come to life and the Cheshire Cat's grin is as toothy as ever. It's a flight of fantasy, based on a story published by Lewis Carroll in 1871, but grounded by the very human character of Alice Kingsley.

Mia Wasikowska has played Alice since the 2010 film, signing on to the first movie when she was just 18 years old.

"There is always a little bit of trepidation especially when you're dealing with a character who is so iconic and so beloved by so many people and so many generations," she told me on the release of the first film.

"But there is also a certain amount of realism to it because you know you can't please everyone and not everyone is going to be pleased so it is more just making the character your own and feeling comfortable in the decisions you make."



Mia Wasikowska reprises her role of Alice in Alice Through The Looking Glass. DISNEY

Originally imagined by Carroll in 1865, the little girl who found a world of wonder down the rabbit hole has become one of literature and film's more enduring and malleable characters.

She was the insane character of America McGee's video game Alice and the martial arts instructor of a Syfy channel adaptation. In 2010 Wasikowska said she thinks the stories have lasted because people relate to the strange

### MOVIE RATINGS by Richard Crouse

X-Men: Apocalypse  
Alice Through the Looking Glass  
Mr. Right  
Love & Friendship

★★★  
★★  
★★  
★★★★

HOW RATING WORKS  
★★★★ SEE IT  
★★★ WORTHWHILE  
★★ UP TO YOU  
★ SKIP IT

characters and situations.

"I don't believe in normal," she said. "Nobody is normal. Everyone is crazy in his or her own way. So although

these are extreme characters I think that just makes them more identifiable.

People want to see these characters, understand these

ing costumes and running errands.

In 1966 director Jonathan Miller cast Anne-Marie Mallik as the lead in Alice, a mad-as-a-hatter made-for-BBC movie. Miller called Mallik, who auditioned by reciting a poem, a "rather extraordinary, solemn child."

Not everyone agreed. Peter Cook's biographer described the teenager's take on Alice as "sullen, pouting, pubescent with no sense of bewilderment." Mallik later said she wasn't impressed with her illustrious co-stars — John Gielgud as the Mock Turtle and Peter Sellers as the King of Hearts — because she had grown up surrounded by the very accomplished friends of her "much older" parents.

After production wrapped she "retired" from acting and afterward the BBC had trouble paying her a royalty because they couldn't find her.

It's hard to know what Alice Liddell, the young girl who inspired the character would have thought of any of the wild and wacky versions of the story, but we do know she enjoyed the 1933 Paramount version.

"I am delighted with the film and am now convinced that only through the medium of the talking picture art could this delicious fantasy be faithfully interpreted," she told the New York Times. "Alice is a picture which represents a revolution in cinema history!"



We are the hopeful for the future type.

Walk with us to end type 1 diabetes.

June 12, 2016 at Garrison Grounds

Register today at [jdrf.ca/walk](http://jdrf.ca/walk)

Thank you to our sponsors & partners





# What's next for J-Law after Apocalypse?

## THE FUTURE

### A peek at the future projects of Hollywood's best-paid actress

After Jennifer Lawrence peels off Mystique's blue skin for the last time with the release of Bryan Singer's trilogy-closing *X-Men: Apocalypse* this

weekend, fans must be wondering what's next. Here are the 25-year-old actress's upcoming film projects.

#### Passengers

Lawrence will be seen next starring opposite Chris Pratt in the big-budget science-fiction romance film *Passengers*.

Set on board a space ship en route to a distant colony planet, Pratt and Lawrence



Jennifer Lawrence as Mystique. THE ASSOCIATED PRESS

are among the thousands of interstellar pioneers sedated and placed inside sleep chambers for the 120-year voyage when something wakes them up.

Lawrence plays a New York writer and Pratt is a mechanic.

Details are few but the actress was very chatty about the awkwardness of filming a steamy scene with the married Pratt.

#### Darren Aronofsky project

This one is a mystery.

The Telegraph reports Lawrence is in rehearsals with director Darren Aronofsky on his untitled drama, which is also rumoured to star Javier Bardem and Michelle Pfeiffer.

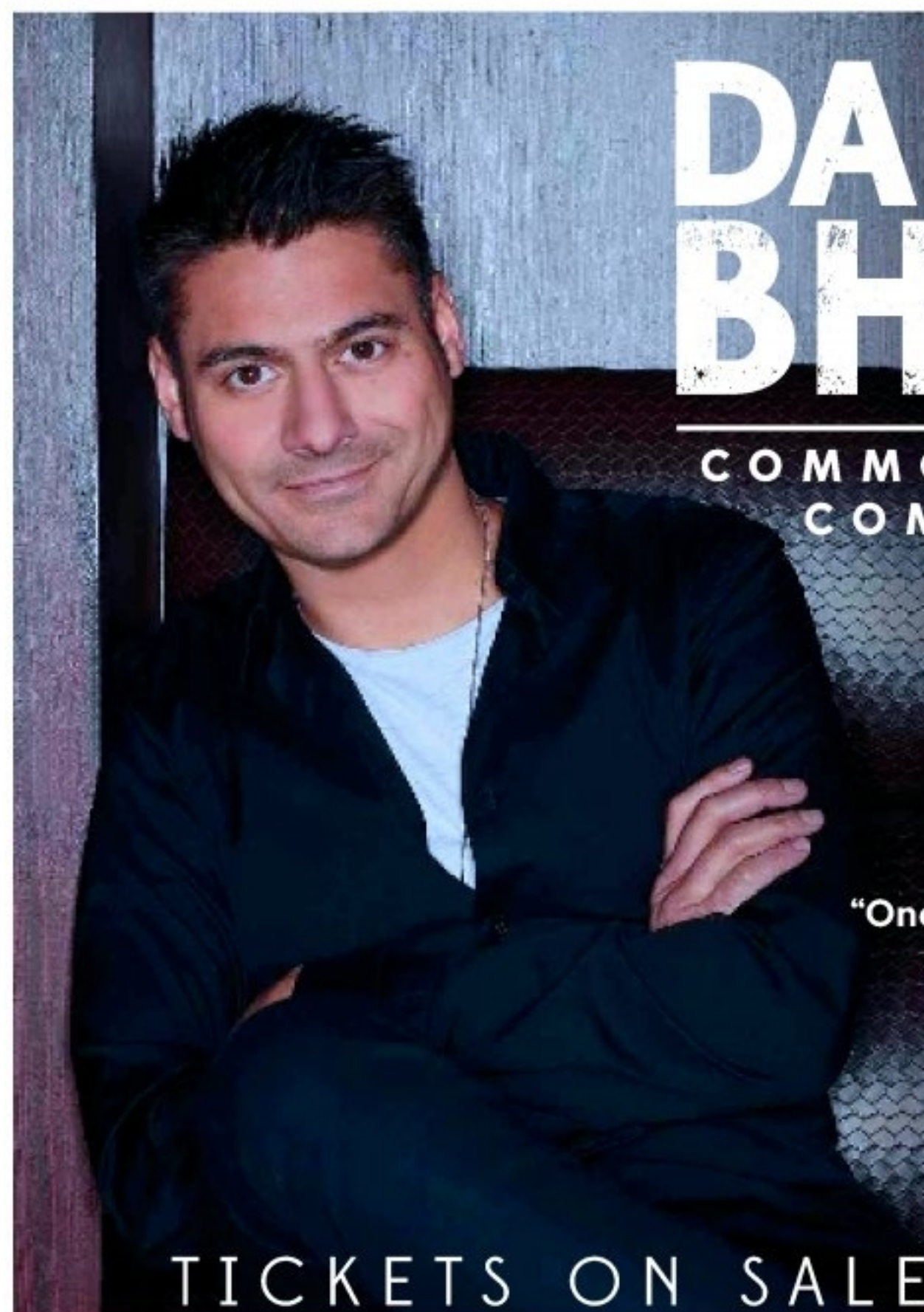
Variety had a hint of a plot for the film, due out next year, saying it's about "a couple whose relationship is tested when uninvited guests arrive at their home,

disrupting their tranquil existence."

We may not know much, but we do know Aronofsky makes movies that push actresses to expand their craft, like Natalie Portman in psychological thriller *Black Swan* and Marisa Tomei as stripper Cassidy in 2008 drama *The Wrestler*.

This one should be an exciting turn for Lawrence.

TORSTAR NEWS SERVICE



# DANNY BHOY

## COMMONWEALTH COMEDIAN

"Danny Bhoi is at his brilliant best."  
*Herald Sun*

"One of the most sparkling wits in the world."  
*Montreal Gazette*

TICKETS ON SALE NOW!

SEPT. 29 • 7:30 PM

REBECCA COHN AUDITORIUM - DALHOUSIE ARTS CENTRE

TICKETS AVAILABLE AT DALHOUSIE ARTS CENTRE BOX OFFICE

902-494-3820 • 1-800-874-1669

www.artscentre.dal.ca

## X-MEN APOCALYPSE

### Your three-minute who's who catchup

The new generation of X-Men actors are now well and truly established with the arrival of *X-Men: Apocalypse*, the third film exploring the team's origins. In the latest movie, a historic rift emerges among the supermutants thanks to powerful and divisive newcomer Apocalypse.

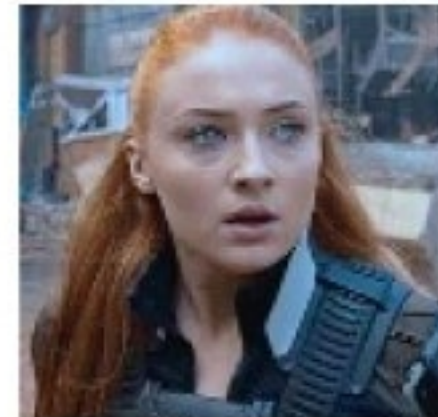
#### Who's in it?

James McAvoy returns as Professor Xavier, as do protégés Mystique (Jennifer Lawrence), Beast (Nicholas Hoult), Havok (Lucas Till), and Quicksilver (Evan Peters), while among those new to the school are Cyclops (Tye Sheridan, *Last Days in the Desert*), Jubilee (Lana Condor), Storm (Alexandra Shipp, *Straight Outta Compton*) and Jean Grey (Sophie Turner, *Game of Thrones*).

Opposing them is Apocalypse (Oscar Isaac, *Star Wars: The Force Awakens*) who sets about recruiting Quicksilver's estranged father Magneto (Michael Fassbender) and newcomers Nightcrawler (Kodi Smit-McPhee), Angel (Ben Hardy), and Psylocke (Olivia Munn) to his cause.

#### Who's behind it?

Bryan Singer's back for his fourth film in the X-Men franchise, after



Jean Grey (Sophie Turner) in *X-Men: Apocalypse*.

CONTRIBUTED

the original X-Men and X-Men 2, and 2014's passing of the baton, *X-Men: Days of Future Past*. He directed from a screenplay by Simon Kinberg, who shared an Oscar nomination for *The Martian*.

#### Is it any good?

Following a world premiere in London on May 9, *X-Men: Apocalypse* has accrued an IMDb rating of 8.3/10 from just north of 1,200 user scores (as of May 13). Movie critics' reviews dropped around the same time but were a little less enthused, with Metacritic giving a 51 per cent average score and Rotten Tomatoes turning up a 57 per cent approval rating from an average 5.7/10 score. AFP

## WANTED SEVERAL HOMES IMMEDIATELY

Several homes in your area will be given the opportunity of having a metal roofing system installed on their home at a reasonable cost. This lifetime product is capturing the interest of homeowners across the country who want to know this will be the last time they will have to re-roof their home. Our product is environmentally friendly and comes with a lifetime, transferable warranty with an excellent choice of colours to compliment your home and is going to be introduced to your local market. Your home can be a show place in your neighbourhood. We will make it worth your time to investigate the many benefits of metal roofing.

**100% Financing OAC. Year-round Service.**

**PLEASE CALL TOLL FREE: 1-866-344-1919**



# A different take on the costume drama

DIRECTING

**Stillman adds modern touch to Austen story**

**Steve Gow**  
For Metro Canada



Acclaimed filmmaker Whit Stillman is finally releasing a follow-up to 2011's *Damsels in Distress* but he's not doing it the easy way.

Instead, the American auteur ventured a Victorian-era costume drama — not exactly stiff competition against summer blockbusters like *Captain America*.

"It's tough to make any film," admitted Stillman recently while promoting *Love & Friendship* — his new adaptation of a little-known Jane Austen story. "(But) it's less tough to make a period film if the source material has some star value — and Jane Austen's a star."

Based on the celebrated English author's epistolary novella *Lady Susan*, Stillman assumed producing the film "would be a slam dunk."

However Austen's comedy about a conniving 18th Century widow attempting to keep her social standing by seducing a naive wealthy bachelor proved a challenge.

"The person who distributes the film in the U.K. initially hated the script because the characters were so unlikeable



Chloe Sevigny, left, and Kate Beckinsale star in Whit Stillman's *Love & Friendship*. HANDOUT

and vicious," recalled Stillman with a laugh.

"I find very manipulative women characters funny. Sometimes women I meet in real life, I think they're really funny and it turns out they're just dominant and manipulative."

Stillman's body of work (which includes his Oscar-nominated 1990 debut *Metro*) proves he's also a proponent of strong, female protagonists.

Yet, the director insists he's not really a fan of earlier Austen adaptations.

"If they aren't working on all cylinders I just don't want to see them," said Stillman, noting he spent a decade crafting his version of *Lady Susan*.

"This is different. This is kind of a fun film and I think it es-

capades the respectful adaptation trap."

One of the keys to avoiding that pitfall was casting Kate Beckinsale alongside indie darling Chloe Sevigny as a scheming accomplice.

While the pair previously teamed-up with Stillman on *The Last Days of Disco*, the nearly two-decades that have passed since that acclaimed comedy clearly hasn't affected the duo's on-screen chemistry.

"They were practically teenagers when they did *The Last Days of Disco* (and) they became big buddies in that and now they're super professional," said Stillman of his disparate cast.

"They come at (acting) from completely different techniques but it just works together."

## EXPERIENCE Doesn't Matter... UNTIL it matters!



**Michael Doyle** and his team will sell your home on the **MLS®** for as low as **\$2,995!** (paid at closing)

**30 yrs**  
EXPERIENCE  
**4000**  
homes  
SOLD

*How many homes has your friend in Real Estate sold?*

**Assist2Sell**  
HOMEWORKS REALTY LTD.  
We love to save your money

[www.AsLowAs2995.com](http://www.AsLowAs2995.com)

902.446.3113

Fees vary for homes over \$200,000. Commissions may be negotiated and are not set by law. Each office independently owned and operated. © 2016, Assist-2-Sell Inc.



CONTEST

ENTER NOW

[wonderlist.ca/springfling](http://wonderlist.ca/springfling)

FOR YOUR CHANCE TO WIN

1 OF 16 GREAT PRIZES!

- **wicker emporium:**  
1 x \$100.00 gift card
- **Fisherman's Market:**  
1 x \$100.00 gift card
- **O'Regan's Dartmouth Hyundai:**  
1 XL black Stormtech jacket, 1 XL Nike Polo golf shirt, 1 Adjustable O'Regans Ball Hat. ARV:\$150.00
- **Atlantica Hotels:**  
1 x \$100.00 gift card
- **Atlantic Fabrics:**  
1 x \$100.00 gift card
- **Clearwater Lobster:**  
1 x \$100.00 gift card
- **Bowlerama:**  
1 x \$100.00 gift card
- **Atlantic Photo Supply:**  
1 x \$100.00 gift card
- **Strada Health:**  
1 x \$100.00 gift card to be used towards chiropractic, personal training, massage therapy, or physiotherapy
- **Royal Nova Scotia Tattoo:**  
A family pack of tickets to the Royal Nova Scotia International Tattoo  
ARV: \$180.00
- **Lake City Wood Workers:**  
1 x \$100 gift certificate
- **FYI Doctors:**  
Women's RayBan Sunglasses, Case, cleaner, cloths, lens wipes, and coupon for 25% off prescription lenses.  
ARV: \$400.00
- **The Canadian Optical Warehouse:**  
1 x \$100 gift certificate
- **Uptown Salon and Spa:**  
1 x \$100 gift certificate
- **Charm Diamond Centres:**  
1 x \$100 gift certificate
- **Halifax Bike Week:**  
2 x Basic bike tune ups from MEC.  
ARV: \$130.00

THANK YOU TO OUR FANTASTIC PRIZE SUPPLIERS:



No purchase necessary. Skill testing question required. Contest open to residents of the province of Nova Scotia 18 years of age or older. Sixteen (16) prizes are available to be won. Odds of winning depend on the number of eligible entries received in the applicable entry period. Contest Period opens at 12:01 am ET on May 2, 2016 and closes at 11:59 pm ET on May 31, 2016. For instructions to enter and complete contest rules, visit [www.wonderlist.ca/springfling](http://www.wonderlist.ca/springfling)



# Today's lonesome highways

HITCHHIKING

**A writer looks back on the travels of her youth**

**Rita Daly**  
For Torstar News Service

There was no awe-inspiring moment of, "Hey, why don't we hitchhike out west this summer." At least, not that I recall. It was just the thing to do back then, when thousands of youth — actually hundreds of thousands — took to the highways and back-roads to travel across Canada, the United States and Europe by sticking out their thumbs.

It was 1972. School was out, rock 'n' roll was in, when three fresh-faced girls with long hair, faded jeans and backpacks joined this historic movement and set off to see a world beyond the borders of Toronto with just a bit of cash stuffed in our pockets and a naive sense that all would work out in the end. Once, on a Hwy. 401 trek to Windsor, I recall being picked up by a man with a prosthetic hand on the wheel and a handgun on the seat. When he made a stop in London, we bolted. Another time, thumbing



Today's youth prefer cycling adventures and prepackaged tours to "road begging," as it was once called. Inset: Rita Daly, 18, left, and Barb Sneyd, 18, hitchhiking outside Moose Jaw. MAIN PHOTO ISTOCK; INSET CONTRIBUTED

around England and Scotland, a group of sketchy long-haired weirdos picked us up in a van outside Salisbury. They kept staring at us, like we were the freaks. Still, these memories remind me of those carefree days when hitchhiking was considered more a right of passage than a mode of transportation. Which brings me to the present. My husband and I sold our house in Toronto, bought one on Vancouver Island and shipped

our life westward. He flew out with the cat, and I, opting to drive, found myself on the same Trans-Canada route ventured more than four decades ago. This time I was accompanied by a girlfriend with the comforts of modern-day road travel. It made me wonder though, how many young people are hitching the highways today? Not many, I guessed. During our week on the road, travelling some 4,000 kilometres, we passed only five groups, or a total

of 10 people, thumbing rides. The numbers were a far cry from the throngs we ran into back in the '70s — camping out in peach orchards, wheat fields or public parks — when it seemed like everyone was, as Jack Kerouac said, on the road. You never felt alone. By contrast, today's hitchhikers seemed a lonely lot. That's what I hastily assumed as we zoomed along, proud that I played my bit part in a huge counterculture experiment that

today's hitchhikers lost out on. Of course, young people on the road these days may not necessarily feel that way. I have to assume they are carving out their own unique adventure. Gabriel René and Caroline Dawson, for instance, are today's consummate version of free-spirited hippies. They have hitched across Canada several times, thumbing around the east coast, the U.S.

and spent six months thumbing around Australia. They have found nothing but friendly rides and interesting people. As they turned and headed toward the highway, I asked where they were going next. "Not sure, maybe east, maybe the islands," said Dawson, meaning the west coast. René smiled with a shrug. "Maybe north."

**Open House**

 **NOVA SCOTIA**  
HOME BUILDERS' ASSOCIATION

**PARADE OF New Homes**

OPEN HOUSE TOURS • SUNDAYS 12 - 4 PM

**MAY 29 • JUNE 5 • JUNE 12**

HOME TOURS FOR BUYERS, BUILDERS & DREAMERS

**PARADE OF NEW HOMES BY LOCATION:**

BEDFORD		
20 Ternan Gate	The Ravines	\$339,900
25 William Borrett	The Ravines	\$468,900
32 Alpine Court	Alpine Court	\$419,900
84 Armenia Drive	The Ravines	\$409,900
90 William Borrett	The Ravines	\$644,900
99 Fleetview Drive	Wentworth Properties	\$498,900
129 Bosun	Wentworth Properties	\$359,900
BEDFORD (WEST)		
4 Evandale Lane	Cascades Park	MODEL HOME
6 Cranfield Court	Waterberry Park	\$559,900
21 Larkview Terrace	Stonington Park	\$424,900
87 Abbington Avenue	Cascades Park	MODEL HOME
95 Abbington Avenue	Cascades Park	\$497,000
148 Olive Avenue	Thistle Grove	\$459,900
DARTMOUTH		
4 Krause Court	Russell Lake West	MODEL HOME
67 Cannon Terrace	Willow Ridge	\$442,900
263 Nadia Drive	Trinity Subdivision	\$314,900
FALL RIVER		
541 Heddass Way	St. Andrews West	\$739,900
HALIFAX		
12 Brick Lane	Governor's Brook	\$335,410
HERRING COVE		
63 Norawarren Drive	Havencrest Estates	\$299,900
LUCASVILLE		
7 Savoy Avenue	Kingswood North	\$409,900
721 Viscount Run	Kingswood North	\$487,000
797 Viscount Run	Kingswood North	\$429,900
MIDDLE SACKVILLE		
22 Matchplay Court	Twin Brooks	\$274,900
38 Fringe Drive	Twin Brooks	\$349,900
92 Magenta Drive	Indigo Shores	\$649,900
PORTERS LAKE		
19 Verbena Court	Seven Lakes	\$409,900
112 Sugarwood Court	Nature Ridge	MODEL HOME
TIMBERLEA		
25 Sienna Court	Brunello Estates	\$379,900
32 Merlot Court	Brunello Estates	\$599,900
75 Maple Grove	Brunello Estates	\$589,900
220 Maple Grove	Brunello Estates	\$459,900
262 Maple Grove	Brunello Estates	\$459,500
UPPER TANTALLON		
95 Sagebrush Lane	St. Margaret's Village	\$554,900

www.nshomebuilders.ca • (902) 450-5554



# Hornby Island: The Hawaii of the north

B.C.

## Modest jewel perfect place to spend the summer

Hornby is one of those places you want to tell everyone about and yet at the same time no one.

The Salish Sea island, often referred to as Hawaii of the north, has warm waters and sandy beaches that set it apart from neighbouring islands, with their rocky beaches and frigid ocean temperatures.

Someone once said that Hornby floated up from further south a millennia ago.

This may just be island lore but Hornby does seem to have a geography all its own.

It takes three ferries and the better part of a day to get there from Vancouver, which is fitting because the journey to Hornby is more like a pilgrimage to a sacred place.

Once your feet touch the ground or your car rolls off the boat, you are on Hornby time.

The air is a fragrant cocktail of salt, wild rose and black-



Two sisters play wistful music as cars board the ferry leaving Hornby Island.

ALL PHOTOS KAREN MACKENNA FOR TORSTAR NEWS SERVICE

berry. Not far from the ferry docks you will come across the Cardboard House Bakery, an island landmark. It is a tradition in some families to stop here at the beginning of each holiday for a frangipane tart or some other delicious treat and sit with them in the bakery's

apple orchard. Take a moment here to ponder which beach you might visit on day one. Such are the tough decisions one must make on Hornby.

Each beach has its own unique offering. Tribune Bay draws the most tourists with its dramatic cliffs, white sand

and tropical vibe, but Pebble Beach and Whaling Station Bay —where the tide deposits new bounty each day, littering the ocean floor with sand dollars one day and spider crabs the next — are also excellent choices.

At low tide there are games



There is art in nature on this beautiful isle.

of bocce and skim boarders surfing the shallow pools. At high tide, families wade into the bathwater while children race to save their drowning sandcastles.

These are the scenes of summer — island rituals embedded in the mind's eye.

Hornby may be the only place in the world where you can dive with six-gilled sharks, but you may prefer the relative safety of a leisurely sea kayak trip around the island.

Hug the shoreline and you will see thousands upon thou-

sands of starfish clinging to the rocks.

It is an impossible sight only rivalled by a walk through old growth forest onto Helliwell Bluffs. Here the grass is so yellow and the sky and sea so blue that it feels as if you have stepped into an Edward Hopper painting.

At the end of Whaling Station Bay there is a thatched roof cottage. It is a beautiful piece of architecture that blends seamlessly into the tall grass. A modest jewel, like the island itself.

TORSTAR NEWS SERVICE

**Hurry! Limited Time Only**



# CANADIAN RESIDENT OFFER

# 35% OFF ALL GUESTS<sup>1</sup>

Valid on sailings departing on or after June 27, 2016. Excluding China departures.

**BONUS \$200 AIR CREDIT<sup>2</sup> + SPECIALTY DINNER & SPA TREATMENT<sup>3</sup>**

**BOOKINGS: MAY 25 - 31, 2016**

Offer available to residents of Canada. 1. 35% Off the standard cruise fare for all guests in a stateroom; all stateroom categories. Offer is not combinable with restricted rates. 2. \$200 Air Credit is in Canadian dollars. Air must be booked with West Jet only. Air credit offer is valid on any 2016, 7-night or longer Caribbean sailing departing from Florida and/or San Juan. Air credit is \$100 per person based on double occupancy for a total of \$200 per stateroom, and excludes 3rd/4th guests. 3. Specialty Dinner & Spa: Book an oceanview stateroom and receive a Specialty dinner for two or book a balcony or above and receive a Specialty dinner for two + a Spa treatment for one. Applicable on 7-night or longer sailings departing on or after June 27, 2016. Offers are subject to availability; capacity controlled and may be withdrawn at any time without notice. Other restrictions may apply. All references to Royal Caribbean International are: ©2016 Royal Caribbean International. All rights reserved. Ships' Registry: The Bahamas. Redtag.ca is a division of Red Label Vacations Inc. 5450 Explorer Dr, Suite 400, Mississauga, Ontario Canada L4W 5N1. All rights reserved. Reg #30012834 / 1009.

**red tag.ca**

**1-866-673-3824**

Call Centre Hours: Mon - Fri (9am - Midnight) Sat - Sun (9am - 8pm)

5450 Explorer Dr, Suite 400, Mississauga, ON L4W 5N1



# ORGANICS AND FARMERS' MARKETS

## Maritime hospitality at Alderney Landing

Find Maritime hospitality plus an abundance of fresh produce, baked goods and unique products for sale every weekend at Alderney Landing.

"It's community oriented and all the local farmers come here," says Lisa Josey market manager. "There's everything here from vegetables to jewelry."

Here you'll find the very best locally produced goods available every Saturday during the Farmers' Market. Vendors offer a wide var-



CONTRIBUTED

ety of products from the best in locally grown produce, to home style baked goods and much more. For vendors, the market is an incubator for small business and for shoppers it's a one-stop shop for buying local.

The Saturday market is open from 8 a.m. to 1 p.m. and features around 70 vendors. The Sunday market, from 11 a.m.-3 p.m., has around 20

vendors focused primarily on art and antiques.

"The Antique Discovery is on Sundays and we have an expert who appraises antiques," Josey says.

While Sunday is more leisurely, the Saturday market is hopping with entertainers and music.

"We have balloon twisters and face painters — all free for the kids," Josey says.

Plus there's fabulous Maritime music to tap your feet to as you pick out some veggies and a homemade pie for dessert.

This Saturday Adam Cameron will perform followed by John Simms on June 4, and Dave Martin on June 11.

The market space was donated and named after Norman Newman (1928-1993). Newman operated Capital Stores Ltd. in the Halifax-Dartmouth area. He was a hands-on operator who believed in buying directly from the farmers and the wholesalers. Norm operated the chain in Dartmouth and Halifax, which had grown from six small stores to several larger supermarkets. He sold the company to Atlantic Superstore in 1986.

The Norman Newman Market is located on the ground floor of Alderney Landing on the Dartmouth waterfront. It is open to the public seven days a week. The Alderney Landing Market is also home to several permanent vendors so drop by any day to The Craig Gallery, grab lunch at Evans Sea Food, get a soothing massage at Casaroma Wellness Centre, get your Jimmie Lamb Ham at Meadowbrook Meat Market, fresh produce at Noggins, or pick up some wine at the NSLC, all with beautiful views of Halifax.

## DARTMOUTH *Farmers' Market*



**EVERY SATURDAY**  
8am - 1pm



*And so much more!*

*Antique Discovery Every Sunday 12pm to 2pm*



**SUNDAY MARKET**  
**EVERY SUNDAY!**  
11am - 4pm

**DARTMOUTH WATERFRONT - WWW.ALDERNEYLANDING.COM**



# Bruce Family Farm celebrates 20 years organic

Bruce Family Farm, a seven-generation family farm, is proudly celebrating 20 years of organic certification.

Since 1788 the Bruce Family Farm near Bridgetown has produced food for Nova Scotians. In 1996, the farm was certified organic by the Nova Scotia Organic Growers Association. Ever since they have produced certified organic grass-fed beef, chicken, eggs, fruit, berries, and garden produce.

"Grass fed beef is part of a traditional diet and is considered to be healthier than grain-fed beef, says Sandie Bruce, co-owner of Bruce Farms. "It also requires greater skill to grow; as the quality of our pasture and forage relates directly to the health and the gain of our animals."

She added it is also a more sustainable practice and more environmentally friendly than feedlot produced beef.

At Bruce Family Farm, they don't use hormones, steroids or GMO products.

Their beef herd of is made up of 80 head



CONTRIBUTED

of several different breeds. Hereford/Short-horn is the most common, but they also have Red Angus and Charolais. All cattle are put to pasture in the spring and graze on grass until fall. They are also fed certified organic hay and silage.

Troop said buying beef by the side or quarter is still the most economical way to buy beef if you have a freezer. They charge \$6.50/lb hanging weight.

There are still a few spaces in their Community Shared Agriculture (CSA) program for new members and they also make special packages by request.

The Bruce Family Farm ACO number is 2008-048.

# Giving Haligonians access to high quality, locally grown, fresh food

For a second year, the Halifax Forum Farmers Market is offering Haligonians one of the best selections of fresh, local, farm products available in metro.

Every Saturday morning, year round, over 50 vendors make their way to the Forum and set up an amazing display of fresh food, artisanal crafts and prepared food for taking home or eating on the spot. There's plenty of seating to enjoy the laid back atmosphere of the market while listening to some top notch buskers perform.

Two certified organic farmers, John Sipos and Melissa Sanford of Shubie River Vineyards, started the market because they wanted to guarantee farmers and artisans always have a location to sell their products and Halifax shoppers always have access to high quality, locally grown, fresh food.

Customers are always surprised how economical it is to buy locally produced bread, meat, fish and produce at the market. Buying fresh food weekly cuts down on food waste and many of the unique items for sale at the market cannot be found at large stores.

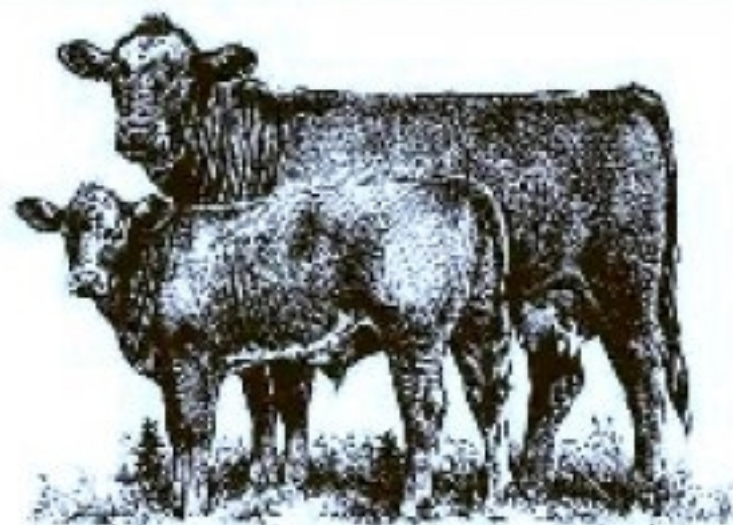
There's Turkish, Korean, Cuban and



CONTRIBUTED

Indian cuisine, as well as sausages, grilled cheese sandwiches, chilli and oatmeal to name a few. There's also beer, spirits, wine, cider and tea to take home or coffee and sweets to eat while you listen to the music.

The Halifax Forum Farmers's Market is free, air conditioned and open every Saturday from 8 a.m. to 1 p.m. year round with plenty of parking.



## BRUCE FAMILY FARM

A Sixth Generation Family Farm, est. 1788



## CERTIFIED ORGANIC BEEF

Other Organic Products Available

ACO#2008-048

902-665-2119

www.brucefamilyfarm.com

## ForumFarmersMarket



**EVERY SATURDAY MORNING**  
at the Forum  
Bingo Hall

### Over 60 Vendors Selling:

- fresh farm products
- preserves • baked goods
- arts and crafts • prepared foods

Buskers • Seating • Parking

**FREE ADMISSION!**



Support Your Local Farmers and Artisans

info@ForumFarmersMarket.ca



Patrick Marleau and Joe Thornton had played a combined 2,778 games without making a Stanley Cup final before their series win over St. Louis



## Lightning Rust away

NHL PLAYOFFS

### Pens advance to Cup final after winger's pair of goals

Bryan Rust scored a pair of second-period goals and Matt Murray stopped 16 shots to lift the Pittsburgh Penguins to a 2-1 victory over the Tampa Bay Lightning in Game 7 of the Eastern Conference final on Thursday night to send the franchise to the Stanley Cup final for the first time since 2009.

Pittsburgh will host Western Conference champion San Jose in Game 1 of the final Monday night.

Former Halifax Moosehead Jonathan Drouin scored his fifth goal of the playoffs for the Lightning and Andrei Vasilevski made 37 saves, but it wasn't enough to send Tampa Bay back to the Cup final for a second straight year. Captain Steven Stamkos had two shots in his return from a two-month layoff while dealing with a blood clot.

The Penguins avoided elimination with a borderline dominant 5-2 victory in Game 6 that provided a snapshot of the formula that fuelled their rise through the Eastern Conference standings shortly after



The Penguins' Bryan Rust celebrates one of his two goals against the Lightning on Thursday night in Pittsburgh. JUSTIN K. ALLER/GETTY IMAGES

#### GAME 7 In Pittsburgh



coach Mike Sullivan's arrival in mid-December. Sullivan calls it "playing the right way," a way abetted by the influx of speed brought in by general manager Jim Rutherford. That group includes Rust, who forced his way onto the roster thanks to feverish skating and a relentlessness that belies his non-descript five-foot-11 frame.

That effort — or "despera-

tion level" as captain Sidney Crosby calls it — provided the Penguins with the boost they needed to overcome a bit of unfortunate history and the return of Stamkos. Pittsburgh had dropped five straight Game 7s at home, including a 1-0 loss to Tampa Bay in 2011 in a series in which both Crosby and Evgeni Malkin missed due to injury. THE ASSOCIATED PRESS

NBA PLAYOFFS

### Raptors downplay late-night activity

The Toronto Raptors are playing down a late-night visit to a Cleveland casino by two players on the eve of a blowout loss, saying NBA players have a different schedule than most.

DeMarre Carroll and Cory Joseph were seen in a casino near their hotel just before 2 a.m. Wednesday. Later that day, the Raptors were hammered 116-78 by the Cavaliers in Game 5 of the Eastern Conference final.

Toronto guard DeMar DeRozan called the fuss about the story crazy, saying he was up until 4 a.m. in his hotel room that night watching Batman v Superman: Dawn of Justice. "Would that be a story?"

DeRozan asked.

Raptors coach Dwane Casey says the two players are adults, weren't drinking and broke no laws. He says his concern was not the players' late-night walkabout but "getting our butt kicked."

As for the two players in question, they say the story was overblown.

Joseph says he still got plenty of sleep ahead of the game. Carroll says the reporter who wrote the story was "fishing a little bit." THE CANADIAN PRESS

Go to [metronews.ca](http://metronews.ca) for coverage of Thunder-Warriors Game 5.

#### MLB IN BRIEF

##### Jays win 2 of 3 in the Bronx

J.A. Happ pitched seven strong innings, Edwin Encarnacion and Devon Travis had two-out RBIs, and the Toronto Blue Jays beat the Yankees 3-1 on Thursday to win the three-game series.

Happ (6-2) allowed one run on three hits with five strikeouts and three walks. He has given up three earned runs or fewer in 19 of his last 20 starts.

THE ASSOCIATED PRESS

##### Rockies blast Red Sox

Carlos Gonzalez, Trevor Story and Dustin Garneau hit two-run homers and the Colorado Rockies stopped Jackie Bradley Jr.'s 29-game hitting streak with a 8-2 victory over the Boston Red Sox on Thursday night.

Bradley's major league-best streak was halted when he went 0-for-4 after moving up to the leadoff spot for the first time this season.

THE ASSOCIATED PRESS

## CLEARANCE SPORTSWEAR, EQUIPMENT & FOOTWEAR

2  
DAYS  
ONLY!

# GARAGE SALE

**WHEN:** Saturday, May 28: 9am - 6pm  
Sunday, May 29: Noon - 5pm

**WHERE:** **CLEVELAND'S BURNSIDE LOCATION ONLY!**  
60 AKERLEY BLVD., BURNSIDE

**LOONIE** **CLEVELAND'S Source for sports.**

**FOOTWEAR SALE**

Sale Ends May 29th

3  
DAYS  
LEFT!

**BUY 1 PAIR OF SNEAKERS AND GET A 2ND PAIR FOR A LOONIE!**

Restrictions apply. See in-store for details.



## Apartment Finder To advertise contact 902-421-5824

May 27



**JOIN US FOR  
REFRESHMENTS  
AND SNACKS!**

**Sat. May 28th  
11am-3pm**



**OPEN HOUSE**  
5 Horizon Court, Dartmouth

2 and 3 Bedroom Apartment Homes  
Garden Plots • Movie Theatre • Card Room  
Fitness Centre • Business Centre • & More!

**902.407.7007**  
avonhurstgardens.com



**DARTMOUTH | KENTVILLE | HALIFAX | WINDSOR**

**902-402-2915**  
**902-402-6287**  
**902-401-2735**  
**902-401-8312**

**902-691-3000**  
**902-402-1518**

**902-402-1518**  
**902-402-2915**

**902-791-0232**

**ASK ABOUT OUR  
CURRENT PROMOTIONS!**

**FIND MY PLACE TO LIVE!**  
**902-449-RENT (7368)**

**www.metcap.com**

**VINCENT COLEMAN**

- UPGRADE CITY LIVING -

**NOW RENTING**

2 & 3 Bedroom Suites Available



- Spacious Suites - up to 1675 Square Feet
- Granite countertops
- Ensuite laundry with full size washer & dryer
- Large balconies
- Underground parking
- Fully equipped fitness room

3330 Barnstead Lane • call John 902 818 3330 • thevc.ca

**realstar®**

Ask about our  
rental incentives



**902-701-0021**

**STONECREST VILLAGE** 80 Chipstone Close, Halifax

*Park-like setting close to Bayer's Lake Park*

**2 BR, 2 BR Large & 3 BR**

- 5 Appliances\*\*
- Private Balcony
- In-suite Storage
- 24/7 Deluxe Laundry
- Community Room
- Modern Fitness Facility with Yoga Area
- New Blinds
- In-Suite Laundry\*\*
- 24/7 On-site Staff
- Cat & Dog Friendly on Select Floors
- Underground Parking\*\*



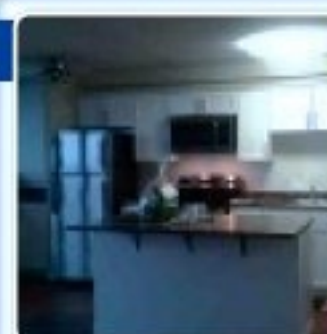
**902-442-7231**

**BEDFORD HEIGHTS** 22-40 Bedros Lane, Halifax

*Overlooking Bedford Basin*

**2 BR & 2 BR Large**

- Modern Suites with Spacious Balconies
- 6 Appliances
- In-Suite Laundry
- 2 Full Baths
- 24/7 Exercise Room
- Fob Access
- Cat Friendly
- 24/7 On-site Staff



**902-442-5404**

**SPRING GARDEN APTS** 5770 Spring Garden Rd., Halifax

*Steps to Public Gardens & the shops on Spring Garden Rd.*

**Bachelor, 1 BR & 2 BR**

- Indoor Pool, Sauna & Fitness Facility
- Newly Renovated Suites
- Community Room
- Cat & Dog Friendly
- Underground Parking
- On-site Storage
- Utilities Included
- 24/7 On-site Staff
- New Blinds
- 24/7 Laundry Facilities



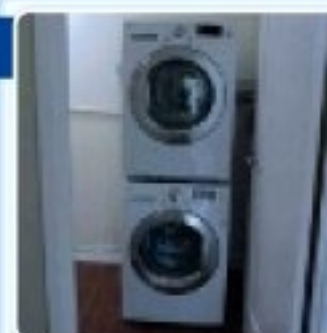
**902-422-4545**

**GARRISON WATCH/HARBOUR RIDGE** 5536 Sackville St., Halifax

*In the Heart of Downtown Halifax*

**2 BR & 2 BR Large**

- Modern Suites in Downtown Halifax
- In-suite Laundry\*\*
- Spacious Suites
- In-suite AC\*\*
- Cat & Dog Friendly
- 6 Appliances\*\*
- New Blinds
- Fob Access
- 24/7 On-site Staff



**902-442-7247**

**CUNARD COURT** 2065 Brunswick Street, Halifax

*A short walking distance to everywhere in downtown Halifax*

**1 BR & 2 BR**

- Downtown Living at a Great Price
- Above & Underground Parking Available
- 5 Appliances
- In-suite Laundry
- Cat Friendly
- Fob Access
- 24/7 On-site Staff
- Utilities Included



**902-422-5033**

**MACDONALD APARTMENTS** 5885 Cunard Street, Halifax

*Overlooking the Halifax Commons*

**Bachelor, 1 BR & 2 BR**

- Flexible Leasing Terms
- Bright & Spacious Suites right on Commons
- 24/7 Deluxe Laundry Facilities
- Fitness Ctr, Sauna & Indoor Pool
- Secure Underground Parking
- Pool Side Deck & Community Garden
- Fob Access
- 24/7 On-site Staff
- New Blinds
- Cat Friendly

**2% Senior, Military & Capital Health  
Employee Discounts Available\***

\*\*Available in Selected Suites.

\*Starting prices, availability and incentives are subject to change without notice. E. & O. E.

Follow us



For more information visit: **www.realstar.ca**

Visit **metronews.ca**







## THE ALABASTER I at Governor's Brook

Brand New Apartments in Quiet Residential Neighbourhood

**OPEN HOUSE**  
Sunday  
1-4 pm

- 103 Alabaster Way, Halifax
- In-suite air conditioning
- Near medical centres & grocery
- Large 2 bdrm suites
- All utilities included
- Secure entrance

Starting at \$1,250/mth ~ Call to book your viewing 902-700-6798

## Belmont Court Apartments

Completely renovated, spacious apartments with large balconies near everything Cole Harbour has to offer!

- |                   |                        |
|-------------------|------------------------|
| Clean & Quiet     | Affordable Rates       |
| Dedicated Parking | On-site Superintendent |
| On-site Laundry   | Great Neighbours       |

957 Cole Harbour Road, Dartmouth  
902-425-5777 • belmontcourt.ca



## APARTMENT FOR RENT

### 30 SPRINGHILL RD. DARTMOUTH

Spacious 1, 2 & 3 br apartments in prestigious location.

Heat/HW & Parking included

**\$550 - \$700**

902-489-5868 • halifaxapartmentrentals.ca

## WINDSOR, NS

490 WILEY

Bach, 1, 2 & 3 BR  
From \$569

Heat, Hot Water, Cat Friendly, \$200 Gift Card & Early Incentive

902-402-1518  
902-791-0232

## PENINSULA HALIFAX APARTMENTS

2717 & 2761 Gladstone St.

Studio Unit & 1 Bdrm Apartments  
Starting at \$895

Comfort, convenience & affordable living for the busy & active lifestyles of Halifax residents.

**WESTWOOD**  
Your City. Your Way.

Doreen at 902.830.4300 or  
dmallon@westwoodgroup.ca  
westwoodgroup.ca

## WELL MAINTAINED Bach & 1BR Apts

33 Gaston Rd.  
Dartmouth

Rent from  
**\$565/mth**

902-802-4361

## GREAT LOCATION 1 & 2 BR Apts

5 & 7 Franklyn St.  
Dartmouth

Rent from  
**\$700/mth**

902-461-9111



25 Arthur Street, Dartmouth  
1 BR Units • Balconies • 5 Appliances  
(902) 405-VIEW (8439)  
www.seaviewlanding.com  
Managed by Novacorp Properties Limited

## NEWLY RENOVATED UNITS

**1, 2 & 3 BR units**

Located on Churchill Crt & Roleika Dr. Dartmouth

**Close to Schools, Buses and All Amenities!**

1 Bedroom now **\$575**

2 Bedroom now **\$620**

2 Bedroom + Den now **\$809**

3 Bedroom now **\$809**

**Call today 902-462-3544  
or 902 830-4851**

PineRentals@gmail.com

Spring into  
**happy**

**1 Month Free Rent!\***

Find an apartment at **universalgroup.ca**  
or call us to view today **902-425-8877**

\*Some conditions apply. Call for details.

**UNIVERSAL**  
REALTY GROUP

Building Excellence that's locally-owned.



## THE HUNTINGTON

58 Holtwood Court, Dartmouth (off Baker Dr.)

### PREMIUM AMENITIES

- |  |                            |
|--|----------------------------|
| • Spacious 2 Bedroom & 2 Bedroom plus Den Suites from 1,376 to 2,170 sq. ft. | • Guest Suite              |
| • Six Full Size Appliances (Incl. Self Cleaning Oven)                        | • Fitness Room             |
| • Large Balconies  | • Cat & Small Dog Friendly |
| • Granite Countertops  | • Deluxe Residents Lounge  |
|  | • Rooftop Terrace          |
|  | • Underground Parking      |
|  | • Indoor Car Wash Bay      |

**NOW RENTING**

6 Floors of  
Breathtaking  
Views and  
the Latest  
in Luxury!

**CENTURION**  
PROPERTY ASSOCIATES INC.

Tel: 1-888-236-7767  
Email: rentals@cpliving.com

**Find your next home with us.**

We have the best quality, variety, selection, locations and price ranges of apartments in Atlantic Canada.

We'd like to prove it to you. Get in touch and we'll help you find your next home.

902.430.3243  
killamproperties.com



**Killam**  
PROPERTIES



GOLF SPECIAL

**Eagle Crest**  
GOLF COURSE

**2 Green Fees  
+ Power Cart**  
Anytime in April & May  
**ONLY \$87** \*With this ad.  
Reg. \$150

Driving Range up to 400 Yards with 6 Target Greens.  
Course Can Accommodate Groups of up to 120.  
\*plus HST.

Pro Shop: 902-679-3033 | eaglecrestgolfcourse.com  
2075 Lakewood Road, Centreville

FINANCIAL

  
credit700.ca

**\$750 Loan and more**  
**No credit check**  
Open 7 days from 8 to 8 (EST)

Call us or apply online  
**1-855-527-4368**  
**www.credit700.ca**

TATTOO & BODY PIERCING

**TOAD'S CYCLES**

**NEW! TATTOO & BODY PIERCING**

**902-462-0681**  
30 Lake Major Rd | Dartmouth  
**WWW.TOADSCYCLEWORKS.COM**

DANCE PERFORMANCE

COMPANIA AZUL ~  
LA AZULITA FLAMENCO ENS. PRESENTS

**Fandango**

**JUNE 11TH ~ 8PM**  
SIR JAMES DUNN  
THEATRE, HALIFAX

TICKETS ONLINE:  
\$23-\$25 ADVANCED  
COMPANIA-AZUL.COM  
\$30 AT THE DOOR  
902-464-0221

**etc. Arts**

MOVERS

*Uncle Leonard's  
Light Trucking*

**ONE MAN  
ONE TRUCK**  
\$40/hour  
902-237-1603  
 Short  
Notice

**ABLE MOVERS**

- Free In Home Quote
- Insured Professional Service

**Call today for your  
free estimate!**  
**471-9733**

EMPLOYMENT

**WORKERS  
WANTED**  
**Fountainview  
Guest House**  
HALIFAX  
**902-422-4169**

MASSAGE THERAPY

**John Panter,**  
Certified Rolfer™

 Are you  
tired of  
chronic  
pain...?

902 425 2612 • fareast@auracom.com

HOME HEATING

**Heat Pumps  
from \$33/mth**  
Nova Scotia Power  
On Bill Financing

  
Heat Pump Guys

**902-444-7870**  
Halifax | Dartmouth  
Sackville | HRM

FLEA MARKETS

**HFX Forum Flea Market**  
The Original (Since 1975)

**200+ Tables**  
"Everything from a  
Needle to an Anchor"  
**Spaces \$17**  
Admission \$2 • Sunday 9-2  
Bingo Hall, Windsor/Almon St.  
**902-463-1406**

**HARBOURVIEW  
WEEKEND MARKET**

**A WORLD OF  
SHOPPING!**  
**TABLES ONLY \$10**  
**SAT & SUN  
9AM-4PM**  
Effective May 21<sup>st</sup>  
**ADMISSION  
WILL BE \$2**  
42 Canal Street  
Dartmouth  
902-407-3323

CAB SERVICES

**FLYING  
CAB**

WE'LL GET YOU THERE FAST  
IT'S LIKE YOU'RE FLYING

- AIRPORT SERVICE •
- PARCEL PICKUP & DELIVERY •
- BATTERY BOOSTING • SLIM JIM •
- 40 CARS WITH DEBIT •
- 24 HOUR CAB SERVICES •

We cover Dartmouth & Cole Harbour  
**MOBILE APP COMING SOON!**

902-449-0624 • flying\_cab@outlook.com

Give it to a friend at  
no extra cost.

**metro**

ACUPUNCTURIST

**PAIN?  
I CAN  
HELP!**

**Sophie Audet**  
Registered Acupuncturist  
Kinesisis Spine & Joint Clinic  
Bedford & Halifax  
**902.407.7207**  
info@kinesisspineandjoint.ca

DENTAL HYGIENE

**Early  
Summer  
SPECIAL! \$95**

**Smart Smiles  
Dental Hygiene**

Includes: Hygiene Assessment, Scaling, Polish & Fluoride.  
If additional treatments are needed they  
will be completed at no extra cost.

**3542 Novalea Dr. Hfx & 193 Portland St. Dart**  
**www.smartsmilesdh.com**  
Group Rates & Mobile Services Available  
Call Today! **902-830-6908**



# **RECIPE The ALT Sandwich**



PHOTO: MAYA VISNTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

bread, toasted  
• 1/2 head of Boston bibb lettuce

## **Directions**

**1.** Cut tomato and place on a plate. Coat with olive oil and sprinkle with sea salt. Let stand.

**2.** Meanwhile, mash avocado in a medium bowl and then add lemon juice and torn basil. Mix until smooth.

**3.** Toast bread and then smear about a tablespoon and a half of the avocado spread onto the bread. Finish by adding tomato slices and a few pieces of lettuce. Cut in half or in quarters and serve with some cucumber slices.

FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCHRONICLES.COM

## **Ready in**

Prep time: 5 minutes  
Cook time: 10 minutes

## **Ingredients**

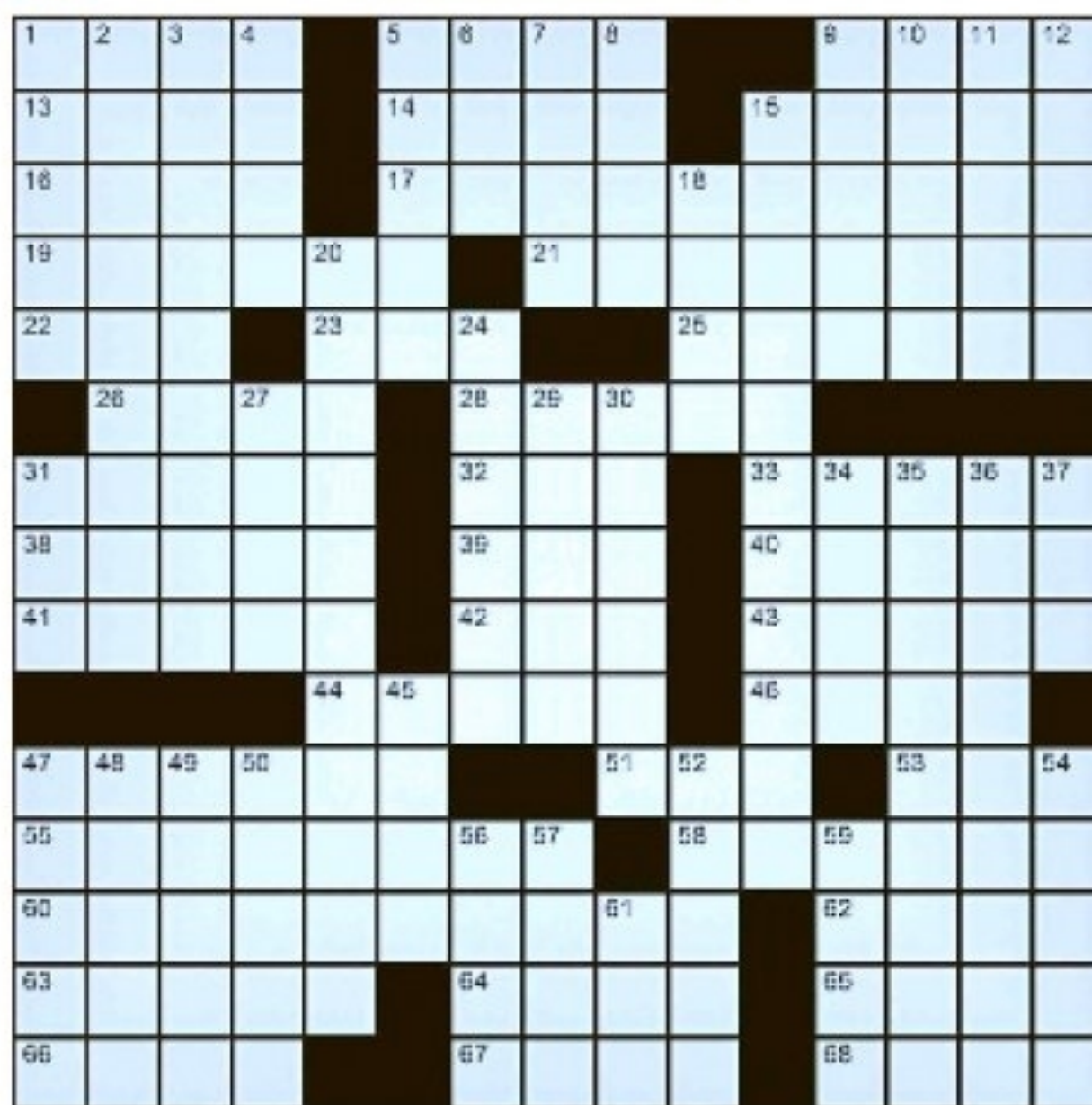
- 1 tomato
- 1 tsp olive oil
- Sea salt
- 1/2 avocado, pitted and mashed
- 1 tsp lemon juice
- 4 basil leaves, torn
- 4 pieces of multi-grain

# **CROSSWORD Canada Across and Down**

BY KELLY ANN BUCHANAN

## **ACROSS**

- Health food 'heart'
- Cruise
- "...the Faith" by Bon Jovi
- Computer company
- ... Canadian (Common currency conversion)
- Spanish composer, Manuel de ... (b.1876 - d.1946)
- Auditioned-for dream
- City in Quebec
- L-thru-S sequence
- University in Ottawa
- Roll of grass
- Turnaround, slangily
- Most cunning
- Micro
- Standoffish
- Plains roamer
- What Paul Simon's Roy needn't be
- Seasoned yogurt dip of India
- Empire of Mexico
- G'days
- "Back in the ... days..."
- Dishevelled
- AC/DC's explosive tune
- Sans stopping... 2 wds.
- Actor Mr. Metcalfe
- Two ... (Twenty dollar bill equivalent)
- Martin Short comedy, "Three ...!" (1986)
- Rug of Scan-



- dinavia
- Young sheep
- Summery drink
- Like a growing-in-the-high-mountains flower
- James McAvoy's role in "X-Men: Apocalypse" (2016): word + letter
- Card deck

- symbols
- Game cube guy Mr. Rubik's
- 'Moon'-meaning prefix
- Go through
- Big Apple denizen
- Stuck-here computer keyboard key

- Likewise

## **DOWN**

- Damages
- Follow a budget
- Singers and songwriters
- Get ready
- Sugar, in Sherbrooke

- Wynonna's actress sis
- Medical suffix
- "Livin' La Vida ..." by Ricky Martin
- Ms. Sagal of "Married... with Children"
- A-List
- "St. ... Fire" (1985)
- Emulate Emi-

- ly Carr
- Toronto-born comedian Samantha Bee's late night talk show, airing on The Comedy Network: 2 wds.
- Roughly: 2 wds.
- Composer of "Soul Bossa Nova" which was used as the theme music on classic Canadian game show "Definition": 2 wds.
- Billionaire's fleet
- Variantly-spelled refusals
- Meat cuts
- Prairie ... Canadian country band
- Chef Emeril Lagasse's sound!
- "Wake Me Up" singer Mr. Blacc
- ... twins
- Stress/anxiety
- Moreover
- Those, in Spain
- Pertaining to Swiss peaks
- Lighthearted/joyous
- "...and God I know ..." (Bit of "House of the Rising Sun")
- "... Soda" by Kim Mitchell
- Math Class: Vertical graph line, ...
- Painter's artwork base
- Fast web connections
- 'Right' suffix
- Dad
- Medical pros

# **\*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake**

**Aries** March 21 - April 20  
Listen to advice from someone older today. Why not stand on the shoulders of those who have gone before you?

**Taurus** April 21 - May 21  
Others might notice that you have done your homework. You are well-prepared, especially when it comes to discussions about shared property, inheritances and such.

**Gemini** May 22 - June 21  
It's easy to study today. Likewise, it's relatively easy to fill out legal forms and do work that you might otherwise find daunting. (You're in the groove!)

**Cancer** June 22 - July 23  
Discussions about shared property will go well today because you know what needs to be done and what needs to be said. You will come up with the resources to please a boss or someone experienced at work.

**Leo** July 24 - Aug. 23  
Be prepared to go more than halfway when dealing with others today, because the Moon is opposite your sign. People want to have serious discussions.

**Virgo** Aug. 24 - Sept. 23  
It will please you to keep things practical and orderly today. You want a place for everything and everything in its place. (No floaters, please.)

**Libra** Sept. 24 - Oct. 23  
You might have increased responsibilities with children today; however, you won't mind. In fact, you will fully accept the duties and obligations involved.

**Scorpio** Oct. 24 - Nov. 22  
A discussion with a parent or an older family member will be productive today. The key is to show respect and look like you're listening, even if you aren't.

**Sagittarius** Nov. 23 - Dec. 21  
You will handle details and routine work superbly today, because you are mentally psyched for it. Let's face it — it's gotta be done. (And you know it's that simple.)

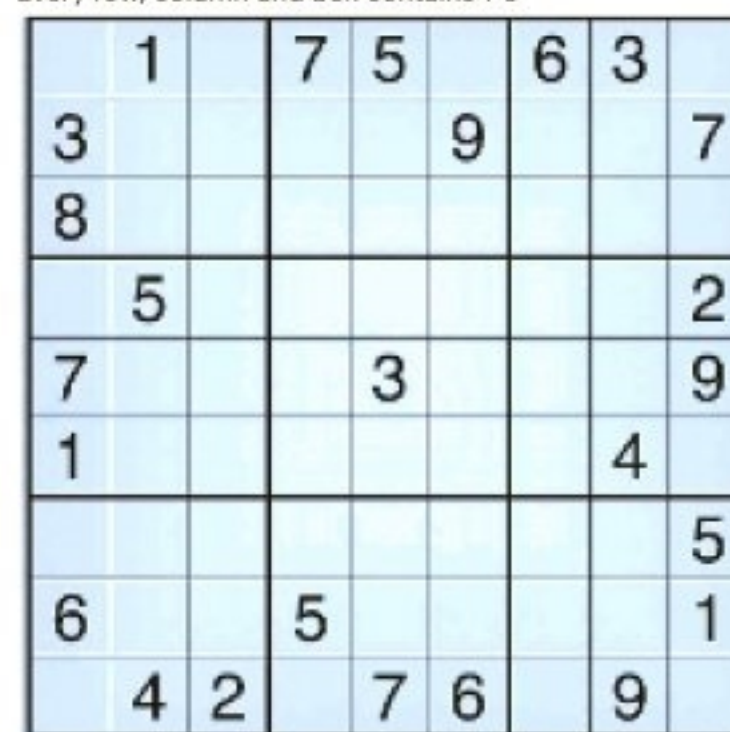
**Capricorn** Dec. 22 - Jan. 20  
You want to tie up loose details about financial matters today, because you are in a practical, sensible frame of mind.

**Aquarius** Jan. 21 - Feb. 19  
Today the Moon is in your sign, dancing with Saturn. This means you will do whatever is necessary to get the job done because your own comforts will be of less importance.

**Pisces** Feb. 20 - March 20  
Research of any kind will go well today, because you have focus, concentration and the energy to follow through. Get as much done as possible.

## **CONCEPTIS SUDOKU by Dave Green**

Every row, column and box contains 1-9



**SHOP YOUR CITY.  
SHOP YOUR TEAM!  
NEW SPORTS MEMORABILIA**

**mymetrostore.ca**  
shop your city

## **YESTERDAY'S ANSWERS**

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to  
[metronews.ca/games](http://metronews.ca/games)







# INVENTORY SELLOFF TRUCKLOADS

CANADA'S BEST SELLERS FACTORY FRESH

**ORTHO POCKET COIL**


 **KINGSDOWN**

QUEEN  
SET ~~\$1349~~

**\$499**

ALSO TWIN - FULL - KING AND MATTRESS ONLY



 **Posturepedic**

**POSTURE TECH  
WITH TITANIUM**

QUEEN  
SET ~~\$1899~~

**\$699**

ALSO TWIN - FULL - KING AND MATTRESS ONLY



**EURO POCKET COIL**

 **KINGSDOWN**

QUEEN  
SET ~~\$1999~~

**\$859**



 **STEARNS & FOSTER®**

**HAND CRAFTED**

QUEEN  
SET ~~\$3799~~

**\$1389**



**AMAZING  
PRICE!**

**VIEW ALL THE GREAT DETAILS AND ALL THE PRICES**



 **Mattress Mart .ca**

**CANADA'S Sleep Showcase™**

**HALIFAX BAYERS LAKE**

215 Chain Lake Dr. 902-876-5026

By *Tim Hortons* Beside **STAPLES**

**DARTMOUTH BURNSIDE**

202 Brownlow Ave. 902-481-2114

Four minutes from the Atrium

ALL WEEK  
TIL 9  
SATURDAY  
9-6  
SUNDAY  
11-5





**DEALER INVOICE  
PRICING**  
ENDS MAY 31<sup>ST</sup>

**ONLY 4 DAYS LEFT TO PAY THE  
INVOICE PRICE!\***  
ON SELECT 2016 MODELS

Dealer is reimbursed a holdback amount included in invoice price by the manufacturer for each vehicle sold.\*

**NO WONDER THE COMPETITION IS OUTRAGED**



Ultimate model shown\*

## THE ALL-NEW 2016 TUCSON

### 2.0L FWD INCLUDES:

- 5" DISPLAY AUDIO
- BLUETOOTH® HANDS-FREE PHONE SYSTEM
- REARVIEW CAMERA
- PROJECTION HEADLIGHTS WITH LED ACCENTS
- 5-YEAR WARRANTY
- FRONT 3-STAGE HEATED SEATS

LEASE FOR ONLY \$130 BIWEEKLY

THAT'S LIKE PAYING **\$65** WEEKLY | AT **1.8%** FOR 60 MONTHS<sup>1</sup>

## LIMITED QUANTITIES REMAINING ON 2016 ELANTRA AND 2016 SANTA FE SPORT

### 2016 ELANTRA



Limited model shown\*

### GL MANUAL INCLUDES:

- HEATED FRONT SEATS
- AIR CONDITIONING
- REMOTE KEYLESS ENTRY
- CRUISE CONTROL
- BLUETOOTH® HANDS-FREE PHONE SYSTEM
- TRACTION CONTROL SYSTEM
- 5-YEAR WARRANTY

GET **0%** FINANCING FOR 84 MONTHS WITH \$0 DOWN<sup>1</sup> | PLUS **\$2,000** IN PRICE ADJUSTMENTS<sup>2</sup>

### 2016 SANTA FE SPORT



2.0T Limited model shown\*

### 2.0T LIMITED INCLUDES:

- SMART POWER LIFTGATE
- REAR PARKING ASSIST SYSTEM
- PANORAMIC SUNROOF
- DRIVER'S INTEGRATED MEMORY SYSTEM
- 8" TOUCH-SCREEN NAVIGATION SYSTEM
- LEATHER SEATING
- 5-YEAR WARRANTY

GET **0%** FINANCING FOR 48 MONTHS WITH \$0 DOWN<sup>1</sup> | PLUS **\$3,000** IN PRICE ADJUSTMENTS<sup>2</sup>

### 2016 ACCENT 5-DOOR



GLS Auto model shown\*

### L MANUAL INCLUDES:

- 4-WHEEL DISC BRAKES
- REAR SPOILER
- 60/40 SPLIT-FOLDING REAR SEATBACK
- 137 HP 1.6L GDI ENGINE
- 5-YEAR WARRANTY

FINANCE FOR ONLY **\$32** WEEKLY | AT **1.9%** FOR 84 MONTHS WITH \$0 DOWN<sup>1</sup>  
**YOURS FOR \$9,400<sup>3</sup>**

LEASE IT FOR  
**24 MONTHS**

THE ALL-NEW 2017 **ELANTRA** FOR ONLY 24 MONTHS  
visit [HyundaiCanada.com](http://HyundaiCanada.com)

**H-Factor**

THIS IS HOW WE DO IT.

5-year/100,000 km Comprehensive Limited Warranty\*\*

5-year/100,000 km Powertrain Warranty

**5 YEAR  
WARRANTY**

5-year/100,000 km Emission Warranty

5-year/Unlimited km 24 Hour Roadside Assistance



©/TM The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. \*The customer prices are those reflected on the dealer invoice from Hyundai Auto Canada Corp. The dealer invoice price includes a holdback amount for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. †Price of \$9,400 available on all new 2016 Accent 5-Door L Manual models. Price excludes Delivery and Destination charge of \$1,595, any registration, insurance, PPSA, fees, levies, charges, licence fees and all applicable taxes. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. ‡Price adjustments of up to \$2,000/\$3,000 available on the 2016 Elantra GL Manual/2016 Santa Fe Sport 2.0T Limited models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2016 Accent 5-Door L Manual/2016 Elantra GL Manual/2016 Santa Fe Sport 2.0T Limited with an annual finance rate of 1.9%/0%/0%. Weekly payments are \$32/\$51/\$190 for 84/84/48 months. \$0 down payment required. Cost of borrowing is \$0. Finance offers include Delivery and Destination charges of \$1,595/\$1,695/\$1,895. Any registration, insurance, PPSA, fees, levies, charges, licence fees and all applicable taxes are excluded. ‡Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2016 Tucson 2.0L FWD with an annual lease rate of 1.8%. Biweekly lease payment of \$130 for a 60-month walk-away lease. Down payment of \$0 and first monthly payment required. Total lease obligation is \$16,900. Lease offers include Delivery and Destination charge of \$1,795. Any registration, insurance, PPSA, fees, levies, charges, licence fees and all applicable taxes are excluded. •Prices of models shown: 2016 Elantra Limited/2016 Santa Fe Sport 2.0T Limited/2016 Accent 5-Door GLS Auto/2016 Tucson 1.6T Ultimate AWD is \$27,544/\$42,444/\$21,494/\$41,394. Prices include Delivery and Destination charges of \$1,695/\$1,895/\$1,595/\$1,795. Any registration, insurance, PPSA, fees, levies, charges, licence fees and all applicable taxes are excluded. \*††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. Dealer may sell for less. Inventory is limited. Visit [www.hyundaicanada.com](http://www.hyundaicanada.com) or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.